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THE
Heart
OF THE
ROCKIES

*Banff
Kootenay
Yoho*



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The Heart OF *The Rockies*

by
M. B. Williams



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Foreword

AMONG the western Indians there is a legend of Ah-ka-noosta, mightiest of hunters, who, in spite of the passing of many winters, grew not old. Each spring he would disappear from the tribe, returning in the autumn with renewed vigour as if he had recovered the spirit of his youth. At last his brothers, wondering, begged him to tell what secret magic he had discovered. Ah-ka-noosta, however, declared he had no magic; he had only been away in the mountains, living like the wild goat and the eagle among the high peaks, sleeping in the tepee of the pine forest and drinking the clear waters of the mountain springs. His brothers, still incredulous at so simple an explanation, did not believe him and a legend grew up among them that Ah-ka-noosta had discovered in the mountains a magic lake whose waters were the Elixir of Life.

Many centuries have passed since the days of Ah-ka-noosta, but we are just beginning to realize that he had no secret anyone may not share. Let us but leave the cares and anxieties of ordinary occupations behind us and travel to the mountains, live among the great peaks and the forests, or beside the wonderful lakes and waterfalls in the pure life-giving air for a little while, and we shall find out what a magical influence they possess. Getting back to the wilderness is "getting home." "Is not the earth mother to us all?" asks "A.E." "Is it not from Nature we draw life? Do we not perish without sunshine and fresh air?" Among the mountains we come close again to that Ancient Mother, Nature, who, "alive and miraculous," alone keeps the secret of the perpetual springs of life. That the road should always be open for all who wish to follow Ah-ka-noosta's trail back to increased vitality and happiness, 8,720 square miles of Canadian mountain wilderness have been set aside in the name of the people, for the benefit, use and enjoyment of all the sons and daughters of Canada and their friends from afar.

National parks are maintained for all the people—for the ill, that they may be restored, for the well, that they may be fortified and inspired by the sunshine, the fresh air, the beauty and all the other healing, ennobling and inspiring agencies of Nature. They exist in order that every citizen of Canada may satisfy his soul-craving for Nature and Nature's beauty; that he may absorb the poise and restfulness of the forests; that he may steep his soul in the brilliance of the wild flowers and the sublimity of the mountain peaks; that he may develop in himself the buoyancy, the joy, and the activity he sees in the wild animals; that he may stock his brain and his mind as he would a warehouse with the raw material of intelligent optimism, great thoughts, noble ideals; that he may be made better, happier and healthier.

J. B. HARKIN,
First Commissioner,
National Parks of Canada.

Contents

	Page
Chapter 1. The Canadian Rockies	5
Chapter 2. Banff Park	13
Chapter 3. Walks, Drives and Trail Trips about Banff	35
Chapter 4. The Lake Louise District	51
Chapter 5. Kootenay National Park	63
Chapter 6. Yoho Park	67
Chapter 7. The Big Bend Highway	75
Appendix 1. Vegetation and Wild Life of the Parks	77
Appendix 2. Trail Trips	86
Appendix 3. Place Names and Altitudes	91



Rocky Mountain Sheep

CHAPTER 1

The Canadian Rockies

The Mountains are so kindly and so great that they reject none of those who turn to them, and they are good to all; to the men of science who come to study them; to the painters and the poets who seek an inspiration in them; to the sturdy climbers who zealously seek violent exercise, and to the weary who flee from the heat and the turmoil of the city to refresh themselves at this pure source of physical and moral health.
—Guido Rey.

Mountain ranges that combine sublimity, beauty and accessibility in equal measure are few in number. Among these for centuries the Alps have stood pre-eminent. In the last half century, however, a new mountain region, The Canadian Rockies, equalling the Alps in mingled beauty and grandeur, yet with a marked individuality and character of its own, has been opened to the world. It is a little more than sixty years since the Canadian Pacific Railway unlocked the door to the Canadian mountains. Already their fame has spread to all parts of the world and each year sees an increasing stream of travel from every country under the sun coming to admire the wonders of these glorious ranges. Yet, there is no danger of the Rockies becoming overcrowded. Their extent is so tremendous that they may well serve as the playground of almost unlimited numbers. Part of them has not yet been really explored. Each year new trails are being opened up, new beauties discovered. One of the chief charms of the Rockies is that their territory is and will be for many years to come still a virgin land. One may travel through the heart of it in luxurious Pullmans or in modern motor cars and find accommodation comparable to the best on the continent, yet half an hour's walk from the railway, Nature is still as wild and solitary and beautiful as she was before the white man came.

In these wonderful mountains, designed by the Great Landscape Architect of the Universe apparently for the perpetual pleasure and refreshment of man, the Canadian Government has set aside nearly 10,000 square miles to be preserved and maintained for public use and enjoyment as national parks. This is an area two-thirds as great as Switzerland and almost as large as Belgium. It ensures that the finest parts of Canada's great mountain regions, with all their native plant and animal life, will be forever preserved in primeval beauty and wildness for the use and enjoyment of the Canadian people.

These great reservations, declares T. G. Langstaff, the eminent English alpinist and traveller, are destined to become "the playground of the world." Nature, indeed, seems to have showered on this country every beauty of her Pandora box. Imagine a region where the sublimity of the scenery is matched by the beauty, where the tremendous peaks lift their foreheads beyond the clouds, and fearful canyons hide their feet in unimaginable depths, where great leviathan glaciers creep down from the frozen desolation of alpine heights and black walls of precipices rise up and shut out the light of day. Imagine such a landscape clothed and softened by luxuriant pine forests, by smiling green valleys "murmurous with streams," by the airy veils of silvery waterfalls tumbling against black precipice or green forest and tangling the rainbow in their folds, by the brilliance of alpine uplands sparkling with millions of flowers, and by innumerable magically tinted lakes. Place these under a sky, "blue as the sky of fairyland," changing from moment to moment and from hour to hour under varying light and drifting purple cloud shadows, glorified at sunrise and sunset into almost unearthly beauty and transformed by moonlight into a veritable palace of dreams. Add glorious, life-giving mountain air, warm sunny summer days and pleasantly cool nights. Have you not here all the raw material for the perfect holiday land?

NAME.—The name "Rocky Mountains" appears to be of Cree origin. Long before the advent of the white man the Indians of the plains, gazing at the glistening line of peaks stretched across the West, called them the "Shining Mountains." Legardeur St. Pierre in his journal, 1752, states that among the Crees they were called "Assin-wati," that is, literally, stony or rocky mountains. He translated the name into French—"Montagnes des Roches"—and by the English equivalent they have since been known.

Although this name has been loosely applied to the whole western mountain region, it properly belongs only to the first great eastern range. The Canadian Cordilleras comprise three great parallel belts, each of which includes several mountain systems. Together these make up a mountain area which covers, roughly speaking, about 250,000 square miles.

The Rockies system is the greatest both in area and in height of its peaks. It extends from the eastern foothills west to what is known as the Rocky Mountain Trench, the great intramontane trough now occupied by the waters of the Kootenay, Columbia, South fork of the Fraser, etc., which marks the division between the older mountains to the west and their comparatively youthful descendants, the Rockies. The Selkirks belong to the three principal ranges of the Interior system. They lie within the bend of the Columbia river which, rising in the Kootenay lakes, flows north not far from the Athabaska pass and thence by a wide detour flows south again to the International boundary. Within the curve of this elbow the Selkirks lie like a rocky fortress encircled by a moat. Their length from north to south is about 300 miles.

MOUNTAIN PARKS.—There are seven national parks in the Rockies and Selkirks: Waterton Lakes Park, in Southern Alberta, adjoining the United States Glacier National Park, with an area of 220 square miles; Banff Park, 2,585 square miles; and Jasper Park to the immediate north, with an area of 4,200 square miles. These three parks lie on what is known as the East Slope of the Rockies. Across the Great Divide, in British Columbia, there are two parks: Kootenay Park, traversed by the Banff-Windermere Highway, 587 square miles, and Yoho Park, 507 square miles. Across the Columbia River, in the Selkirk Mountains, lies the Canadian Glacier National Park, 521 square miles, with Mt. Revelstoke Park, 100 square miles, at the summit of Mt. Revelstoke.

The three parks of the Central Rockies with which this guide book is concerned, Banff, Yoho and Kootenay, have a combined area of 3,679 square miles. Their boundaries touch on each other and, though not contiguous throughout, their areas are so tied together by motor highways that they form practically one playground. The completion of the Banff-Jasper Highway in 1940 also tied together the Banff and Jasper Parks, so that from any of the chief resorts as base, the visitor may enjoy the attractions of all four reserves.

Glacier Park, in the Selkirks, is the only park in the mountains



Ski-ing on Mt. Revelstoke

inaccessible to motor travel, and since the destruction of the Canadian Pacific Hotel at Glacier, it has little accommodation to offer tourists. Mt. Revelstoke Park, which can be reached via the Big Bend Highway, is noted chiefly for the beautiful 18-mile drive up the mountain, for its wonderful meadows of wild flowers, and for the fact that it offers one of the best champion ski-jumps on the continent.

The Government takes charge of all administration within the parks, protecting them by eternal vigilance from the ever-threatening menace of fire, guarding the rich heritage of wild life, preserving and enhancing the natural beauty of the landscape, opening up the many attractions by roads and trails and making provision in every way for the convenience and comfort of visitors.

No land may be purchased in the parks, but sites for business or residential purposes may be secured for a nominal rental.

"What patient periods must round themselves before the rock is formed; then before the rock is broken and the first lichen race has disintegrated the thinnest external plate into soil, and opened the door for the remote Flora, Fauna, Ceres and Pomona to come in. How far off yet is the trilobite! how far the quadruped! how inconceivably remote is man!"
—Emerson.



The Backbone of the Selkirks—Rogers Pass

Each of the parks has a distinct individuality of its own, for while there is a general resemblance throughout all parts of the Canadian Cordilleras, each range and section has its special characteristics and

charm of scenery which differentiate it from any other. Between the Rockies and Selkirks this difference is particularly marked. The Selkirks are much the older formation. Their snowcapped summits towered over the western world ages before the Rockies were lifted from the ocean's bed. In the course of centuries their harsh contours and upper summits have been worn down and rounded by the thumb of Time and, though probably once the higher range, they are now from 1,000 to 2,000 feet lower than their more youthful neighbors. They lack, too, the sharp spires and pinnacles and castellated summits which make the Rockies so picturesque. While the Selkirks are slightly lower in average height than the Rockies, the individual peaks usually rise higher above the valleys than in the case of the Rockies. The elevation of the valleys in the Rockies is from 500 to 1,200 feet higher than those of the Selkirks. The Selkirks, however, are pre-eminent in the wonderful luxuriance of their dark green forests and in the extent and mass of ice which lies upon their summits throughout the year. Precipitation in these mountains is extremely heavy, the average being 56.68 inches of which more than 75 per cent falls as snow. As much as 50 feet of snow has been recorded in a single season. This great mass of snow and ice melts but little from year to year and forms a thick cap over all the peaks reaching down practically to timber line. One of the delights of almost every landscape in the Selkirks is the vista of dazzling white summits rising directly above the green forests against a brilliant blue sky. Everywhere these great snow masses are compressed and flow down the mountains in the slow rivers of ice known as glaciers. The number of glaciers in the Selkirks has never been computed but from some of the peaks in Glacier Park over one hundred can be counted at once. All the other beautiful phenomena of an alpine world are also present—ice-caves, waterfalls, green valleys and uplands that are veritable gardens of wild flowers.

In the higher Rocky Mountains range there is a much lighter precipitation and Chinook winds remove much snow from the eastern slope which would otherwise go to form glaciers, so that their grey, sharp-pointed peaks often rise gaunt and bare several thousand feet above timber line. On the loftier peaks, however, beautiful glaciers and permanent snowcaps are to be found, and in the Lake Louise district and Yoho Park one finds every charm of an alpine world. Characteristic, too, of the Rockies is the countless number of beautiful lakes with an infinite variety of colouring and setting such as holds the spectator almost breathless. The forests of the Rockies, while always beautifully green, are lighter in colour and less dense in undergrowth on the east. Tree growth rises to about 6,500 to 7,000 feet. The Rockies for the most part are formed of grey limestone with bands of purplish shales, while the Selkirks are composed of brilliantly coloured quartzite which adds much to the beauty of the rocks.

FORMATION OF THE ROCKIES AND SELKIRKS.—As one travels among these great ranges inevitably the question arises: How were these mountains formed, by what Titanic forces, in what convulsive throes of the old earth were these enormous masses crumpled and folded and lifted miles into the air? To the geologist the story is as clear as print. Nature with a tremendous gesture has here laid bare the secrets of her history for many millions of years. In the lines and markings and imprisoned life of the strata he can decipher the whole record. This ancient tale of the hills, as he tells it, is a fascinating story.

Long, long ago, he says, how many million years ago even a geologist hesitates to say but probably ages before the mollusc, the jellyfish and the crustacean were squirming in the Cambrian slime, the place where now the Rockies stand was the floor of an inland sea. Its western limit was a mountain barrier, of which the Selkirks formed a part, which rose beyond what is now the Rocky Mountain Trench; its eastern, probably the shield of the Laurentians east from Hudson bay.



Mt. Rundle, Banff
A "writing-desk" type of mountain

Year after year, through countless centuries, rocky dust from this ancient western range was carried down by wave and stream and laid on the floor of the ocean bed. Century after century, aeon after aeon, while mammals passed from invertebrates to vertebrates, while nature peopled the seas with fishes, shaped the toad, the frog and the salamander and grew her great forests of fern, the sedimentary process went on till, layer upon layer, a bed of 50,000 feet thick was formed. At some time in what is called the Carboniferous period, as a result of tremendous pressure exerted from the west, the floor of the ocean bed began to rise. Slowly it rose through millions of years until the waters became so shallow over a great part of the area that extensive swamps and shallow bogs were formed in which huge and ungaily dinosaurs probably wallowed in luxurious

content. About these shores flourished a luxuriant vegetation which later formed the rich coal-beds found at Canmore and Bankhead in the Banff Park and elsewhere. At the close of what is called the Mesozoic period, or the Age of Reptiles, which concluded, according to various estimates, between 40,000,000 years ago and 4,000,000 years ago, another tremendous thrust occurred from the west which became so great that it lifted the whole rocky crust of this district and crumpled it into folds like a sheet of paper. "As the pressure continued the folds became closed and overturned towards the east. Later the strata broke along the lines of least resistance and the rocks on the west side of the fault were pushed upwards and thrust over the rocks on the east side." In this way beds which were millions of years older were thrust over the tops of the younger beds. This fault or break occurred in the neighborhood of Castle. The mountains in the eastern part of Banff Park reveal clearly the manner in which this occurred. Many of the peaks show the characteristic "writing desk" formation, ancient grey limestones sloping gently from the west and breaking off on the eastern side in a steep escarpment.

No sooner were the mountains uplifted than the forces of destruction began the work of tearing them down. Nature with her "hammer of wind and graver of frost" split up the rock along the lines of striation and carved it into sculptured forms. Water courses formed along the transverse cracks and in the valleys between the parallel ridges.

The glacial period followed, during which Arctic conditions prevailed over the whole northern half of the continent. Year by year all moisture fell in the form of snow until an ice-cap thousands of feet thick was formed, above which only the higher peaks lifted their frosty heads. The desolation of this period appals the imagination. Not a single green thing remained. For thousands of years frost, silence and death held the mountains in their grip. And yet there was life of a kind and motion. The glaciers were forming in the valleys and along the old water courses, pressing down from the heights with increasing force, scraping and carving and tearing the rocks as they came. As the loads upon them grew heavier the great trunk glaciers in the valleys squirmed deeper in their rocky beds, hollowing out the V-shaped valleys into the form of a U. For thousands of years the ice advanced, and then for thousands of years it receded, to advance again. Four great waves of cold swept downward from the pole, causing world-wide changes in the relative levels of land and sea. At length after uncounted ages, slowly, year by year, life came back again to the land. The warm rains fell, the winds blew softly, the sunshine broke upon the frozen valleys, the Frost King was driven back to the Arctic, the tender green again appeared, the streams ran sparkling to the sea and all the mountain world was reborn in the dawn of a new day.

Much as they were then, subject only to the slow erosion and corrosion of natural forces, the Rockies have since remained. Avalanche and tempest, thunderbolt and flood have carved their lofty summits into ever-varying sculpture and graven new scars on their old flanks already torn by ice-claw and frost-tooth, but their general form and features are believed to be unchanged. When one thinks of the dateless centuries through which these gaunt, grey peaks have looked out across the plains, the life of the individual seems as ephemeral as the butterflies fluttering over the windflowers on the slopes. In the tremendous calendar of the mountains a thousand years are as one day and our little civilization as a watch in the night; Babylon and Assyria, Greece and Rome have risen and passed, but they remain. What life went on about their feet through all those centuries, while the buffalo herds grew black upon the plains? The smoke of Indian campfires rose blue along the eastern foothills, but the Indians seem to have feared and avoided the mountains. Probably a few hundred years ago the Kootenays, seeking shelter from their hereditary enemies, the Blackfeet, fled from Montana to the fertile valleys of the Kootenay and Columbia west of the Divide. Later, possibly a little less than a century ago, the Stonies entered Bow valley, perhaps in search of game; the Shuswaps coming from the west to visit the Stonies built their half-buried dwellings at the base of Mount Rundle where now the tourist plays golf, but the Indians left few more marks of their habitation than the wild animals.

The discovery of the west by De la Verendrye in 1743 marked a new era. It meant the coming of the white man, restless maker of change the world over. Fifty years later Sir Alexander Mackenzie, stubborn son of Scotland, overcoming tremendous toil and hardship, fought his way through to the Pacific, by way of the Peace and the

Fraser, thence overland, emerging at the mouth of the Bella Coola river. In 1807 David Thompson, the indefatigable land geographer, crossed the mountains by way of the Saskatchewan and Howse pass, reaching the Kootenay country and establishing a fort on the present lake Windermere. The Rev. Mr. Rundle, missionary to the tribes of the east slope of the Rockies,



Lower Canyon of Kicking Horse River



Modern Highways Penetrate the Mountain Valleys

was probably the first white man to penetrate the Bow valley. He arrived there in June, 1841, and camped for several weeks at the foot of Cascade mountain, during which time he climbed this mountain and visited the Bow falls. In August, 1841, Sir George Simpson, Governor of the Hudson's Bay Company and one of the most eminent pathfinders of the great Company of Pathfinders, led by Peechee, a Cree chief, penetrated the Bow valley and crossed the mountains by what is now called Simpson pass. In 1845, Father P. J. de Smet, who had been conducting a mission among the Kootenays, came over Whiteman's pass to the Bow river where the village of Canmore is now situated. A few years later began the determined search for the mythical route to Asia through British territory. Sir James Hector, geologist with the British expedition under Palliser, followed the Bow river to what is now known as Altrude creek, thence over the Vermilion pass and by way of the Vermilion to the Kootenay. Turning north up the Kootenay he descended the Beaverfoot to the Kicking Horse river which he followed to its head, passing through the now famous Kicking Horse pass, and again reaching the Bow valley. The discovery of this pass was the first of the two keys needed to unlock the Rockies. The other was the discovery of Rogers pass by Major Rogers, Engineer in Charge of the Mountain Division of the Canadian Pacific Railway in 1881. Four years later, at nine o'clock in the morning on the 7th of November, Sir Donald Smith, later Lord Strathcona, drove the last spike in the junction of the eastern and western divisions at Craigellachie and the Canadian mountains were open to the world.

Soon after, as has been said, the government set aside three national reservations including some of the most impressive scenery along the railway in order that a certain share at least of this great region should be preserved in its primitive wildness and beauty for future generations. The Canadian Pacific Railway Company built comfortable hotels at the four principal points: Banff, Lake Louise, Field and Glacier. Active measures for the protection of the wild life existing in the parks were undertaken by the government and a policy of development inaugurated which has gradually opened up the whole of these beautiful districts by means of roads or trails.

THE BUILDING OF MOTOR HIGHWAYS.—The coming of the automobile opened another chapter in history. With it came the demand for entrance to the National Parks and the Rockies by motor. The first road to be built was the so-called Banff-Windermere Highway, connecting with an existing road from Calgary on the east and with the British Columbia road along the Columbia valley, from the international boundary to Golden, B.C.

A few years later an extension was built to Lake Louise and in a few years more it was further extended across the Kicking Horse pass, into Yoho Park and across that park to Golden, 60 miles north of the terminus of the Banff-Windermere road at Windermere.

The project of a line across the Selkirk mountains giving access to Glacier Park was debated for many years but the engineering and climatic difficulties involved finally led to the abandonment of the scheme. Instead, the longer, but much easier route around the "Big Bend" of the Columbia river was decided upon. This road connects at Revelstoke with provincial highways to Vancouver and southern British Columbia.

The latest and, perhaps, the most dramatic highway to be built was the road linking Banff with Jasper and giving access to that thrilling region, the veritable climax of the Rockies, centred in the Columbia Icefield.

These roads have opened up to the motorist hundreds of miles of travel and brought all the chief resorts of the four parks in the Central Rockies within his reach. They have also made possible alternate return routes both to the prairies and the international boundary. A motor license of two dollars entitles him to travel anywhere throughout the four parks and gives him free fishing privileges for himself and dependent members of his family.



On the Roof of the World

CHAPTER 2

Banff Park

Farther than vision ranges,
Farther than eagles fly,
Stretches the land of beauty,
Arches the perfect sky,
Hemmed through the purple mists afar
By peaks that gleam like star on star.

—Pauline Johnson.

Banff Park is the oldest, second largest and best known of the National Parks of Canada. The first reservation was made in 1885, the year of the completion of the Canadian Pacific Railway across the mountains. With the discovery by railway engineers of the valuable Hot Springs at Banff, the Government was at once confronted with the question: should it lease to private parties the rights to the springs or should it control and operate them itself? It decided on public control and a reservation of ten square miles was made to ensure that the surroundings should be in keeping with the Government's plan to make this a first-class resort. Shortly afterwards a special party of parliamentarians went over the new line. So much were they impressed with the beauty of the scenery and the wonderful possibilities of the region that it was decided to create a national park of 260 square miles so that the public should always have access to this

incomparable region. The debates in Parliament in 1887 when the first Rocky Mountain Park Bill was under discussion make interesting reading. They show that even then the future value of such a park had been realized.

In the year 1902 the park was enlarged to 5,000 square miles. Under the Forest Reserves and Parks Act of 1911 it was reduced to 1,800 square miles but for game protection purposes it was recently enlarged to its present dimensions of 2,585 square miles.



Typical View of Rockies from a High Peak—View west from Storm Mountain

The mountains of Banff National Park reveal two distinct formations, with the line of division in the neighbourhood of Mt. Eisenhower. To the east the term "sea of mountains" is particularly appropriate. The ranges rise one behind the other in parallel lines, sloping gently up on the west and breaking sharply off at the crest of the range like the waves of a sea. They are formed for the most part of rugged grey limestones, the strata being sharply inclined or even turned almost on end. West of Castle station the rock has been lifted straight in the air so that the strata lie horizontally. Here the mountains take more massive, block-like forms with pyramidal or dome-shaped heads.

The park contains three great groups of mountains, the Assiniboine group to the south, the Laggan group, centred about Lake Louise, and the Waputik group along the crest of the Divide north of the railway.

Undoubtedly the best way to approach the Rockies for the first time is from the east. The dramatic glimpse of that far-flung line of blue after the vast expanse of level prairie is an experience never to be forgotten. Leaving Calgary, the ancient valley through which the milky green, glacier-born waters of the Bow tumble down to the plains is the route for both motor road and railway but the traveller by the road obtains the finer views. From Calgary itself or any of the high hills surrounding it one may see on a clear day, far away to the west, hung among the clouds and quivering in the warm summer air, a long irregular blue line, like a jagged knife blade, with a glistening white crest. It is the Rockies, sixty miles away. Remote, dim, ethereally lovely, they hang among the clouds, unsubstantial as the clouds themselves. At first sight they seem to belong to another world, like the vision of the celestial city seen by the Dreamer of Patmos. One imagines how they must have appeared to Pierre de la Verendrye, the first white man to look upon the Rockies in 1743. With what a "wild surmise" must he, who had thought to find the China sea, have looked upon that ragged sky line stretching all across the west. Romance and adventure beckoned to him from the blue distance as they do to us today. Owing to the defection of his Indian guides, however, he had to turn back leaving the mountains unexplored.

With every westward mile the mountains grow bluer, the snow-peaks whiter, the sense of enchantment deeper. The road passes through the great ranching country and among the rounded grassy knobs that form the foothills, and gradually approaches the great front door of the Rockies. Slightly inclined from east to west rises the massive barrier which for so long shut off communication between the Pacific and the plains. Devils Head (9,175 feet) a strangely shaped peak, one of the guardians of lake Minnewanka, stands out prominently to the right. A few miles before the entrance to the Banff Park is the Morley Indian reserve, home of the Stonies, a peaceful Indian tribe, who may be seen in their old time glory once a year at their annual games at Banff.

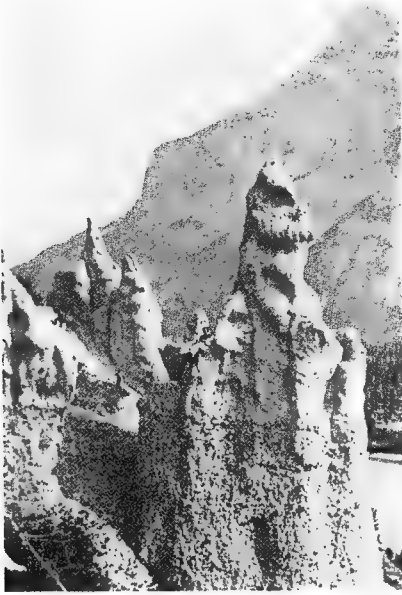
Now the great grey escarpment of the mountains, 2,500 to 3,000 feet high, rises up naked as a wall. The eye searches in vain for any opening in the barrier. There are, in fact, three gateways from the central plains: Devil's Gap, a few miles to the north, Kananaskis Gap and the Bow Gap, a water gate, through which railway and motor road enter. A sharp turn in the road reveals the opening—

"A mighty cleft within the bosoming hills,
A narrow gateway to the mountain's heart."

Passing through the narrow postern the visitor is at once in the mountain world.

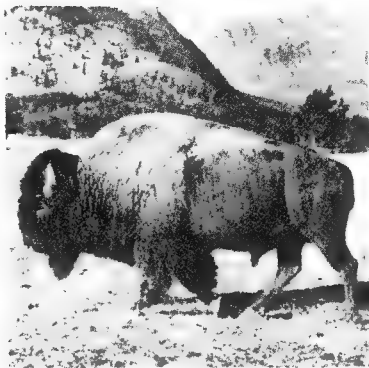
FROM THE GAP TO BANFF.—Up to this point the river has been following a transverse valley cut across the ridges. Now it makes a

sharp turn about the base of Grotto mountain and enters the long valley between the Fairholme range to the right and the Kananaskis to the left. One is among the great peaks already. Wind mountain (10,100 feet), Pigeon mountain (7,845 feet) and the Three Sisters (9,744 feet) stand out prominently almost as soon as the entrance is passed. Near the little mining town of Canmore one gets the first glimpse of the Hoodoos, queer eroded pillars carved in the glacial silt. These natural monuments often take strange shapes and suggest the crude attempts of some savage artist to represent his primitive gods. They were regarded with much superstition by the Indians



Hoodoos near Banff

and to this day the Stoney gives the Hoodoos a wide berth. Near Anthracite the Bow river flows through deep beds of glacial silt, and here more hoodoos may be seen. The top of the Anthracite hill affords a splendid panorama of the district with the grey old bulk of Cascade just ahead, Inglismaldie (9,685 feet) prominent to the right, and the long serrated spine of mount Rundle (9,665 feet) to the left. A few miles farther on the road passes the wild animal paddocks, fenced enclosures in which are seen the shaggy buffalo—deposed monarchs of the plains—statuesque elk, moose, deer and goat. A short run of a little over a mile brings the visitor to the town of Banff, headquarters of the park.



Buffalo in Banff Park

BANFF AND THE BOW VALLEY

There is a land of dream,
I have trodden its golden ways;
I have seen its amber light
From the heart of its sun-swept days;
I have seen its moonshine white
On its silent waters gleam—
Ah! the strange, sweet, lovely delight of the valleys of Dream.
—Fiona Macleod.

Banff has been synonymous with beauty in the hearts of nature lovers for many years. Few places are so ideally situated. It nestles in the green valley of the Bow in a wide circle of lofty and beautiful



The Bow River Falls, Banff

mountains. The Bow river, after frisking madly down from Castle in a series of rapids, quiets down a few miles above Banff into the sedatest of streams, widening out into little lakes and flowing with so leisurely a motion that its waters hold in their mirror-like depths another and even more beautiful mountain world. A little past the Bow bridge the river quickens its pace and, breaking into a series of rapids, runs between a narrow rocky gorge for about half a mile, then leaping in a beautiful cloud of spray, it falls 50 feet almost opposite Banff Springs hotel. Turning to the east it sweeps around the base of Tunnel mountain, takes the lighter waters of the Spray into its embrace and, trailing their mingled volume like a blue scarf about a little wooded island floating frigate-wise in the middle of the stream, it winds eastward to the plains.

While none of the peaks is truly alpine in character several rise to over 9,000 feet, or more than a mile above the valley floor. The mountains for the most part are formed of pearly-grey limestone, the summits often bare of timber for one or two thousand feet, while the lower slopes are covered with what at a distance appears to be olive-green moss but which on closer inspection is seen to be pine forest.

It is hard to describe the charm of Banff but impossible not to feel it. It is a charm compounded of so many elements. The beauty of the scenery, the clear sunshine, the life-giving air, the glorious blue of the sky, the cosmopolitan atmosphere—all these are part of it but yet they hardly explain the glamour and fascination of this "little town nestled among the hills." It has an atmosphere all its own—a sort of embodied play-spirit to which one insensibly yields. It is as if a fairy gateway had opened into an enchanted country. The sordid cares and anxieties brought from an outside competitive world drop away like Christian's burden at the sight of the Delectable Mountains. One gives himself up to the spirit of the place realizing that after all "living, not getting a living" is the true end of life. Every vista forms a harmony so perfect that it satisfies the heart's most secret longing for beauty, for size and colour and line and mass. Measured with the tremendous proportions of the mountains man is a mere insect, but instead of feeling his insignificance he realizes with a sort of exultation that this is his proper setting, that the mountains are no higher than his aspiration—fit symbols of his "Babylonian heart."

Perhaps one of the reasons why so many people love Banff is because they find there such a number of things to interest and amuse. Banff has an infinite variety of attractions and she knows how to please each of her lovers in his own way. For the botanist, geologist or student of wild life she offers the opportunities of an unequalled outdoor school. The sportsman finds golf, tennis, boating, swimming, excellent roads for walking, riding, driving or motoring. For the lover of nature there are scores of infinitely lovely districts—more than he could possibly exhaust in a single season—accessible by road or trail.

VIEW FROM BOW BRIDGE.—One of the spots where everyone lingers at Banff is the bridge across the Bow. In early summer the river is turbid with silt carried down by the spring freshets, but as the season wears on this gradually disappears and the water settles to a wonderful greenish-blue, shot with amethyst shadows. All around is the great circle of peaks which shuts in the valley. To the north may be seen Cascade mountain, sitting like a grim old idol above the town. This mountain was formerly named Stoney Chief, while the smaller mountain to the left is Stoney Squaw. To the left of Cascade is mount Norquay, called after a distinguished son of Canada, a former premier of Manitoba who was among the first visitors to Banff. To the north-west is the rugged outline of the Sawback range. Far to the west

stands out the snow-crowned head of Pilot mountain, the chief peak of the Massive range on which at certain seasons of the year the outline of a recumbent figure suggesting the Duke of Wellington may be clearly descried. The wooded slopes of Sulphur mountain wall in the whole valley to the south, while the great mass of mount Rundle closes the arc. This mountain, inseparably associated with all memories of Banff, was named in honour of that first missionary to the Stonies, who did so much to raise their standard of living, and who is still cherished in their hearts. "Poor he came among us," they say, "and poor he went away, leaving us rich."

THE TOWN ITSELF.—Banff has a permanent population of approximately 2,000, which is increased during the summer to about 6,000. As a government townsite it possesses many advantages not usually found in a town of its size. The streets are broad, well kept and well lighted. It has a fine hospital, four churches, and a good school and high school. It has two banks, a newspaper, a theatre and a number of stores.

The Administration Building which contains the office of the Park Superintendent, the Post-office, and a Canadian and United States Customs, is situated amid charming gardens at the southern end of the Bow Bridge. The Government Information Bureau, which supplies free maps, folders and information as to park regulations, accommodation, guides and trips to places of interest, will be found at the northern end of the same bridge.

CLIMATE

*It is impossible not to dilate and expand under such skies.
One breathes deeply and steps proudly and if he have any
of the eagle nature in him it comes to the surface then.
—Burroughs.*

Banff, with an altitude of 4,538 feet above the sea, enjoys a climate in many respects ideal. The rarity and purity of the air has an effect as exhilarating as wine. Exertion of all kinds is easy but walking especially is a delight. There is little moisture and less wind. Electric storms occur infrequently and are not especially severe. There is a short brilliant spring which begins in April, followed by a three months' summer full of warm sunshiny days and pleasantly cool nights, with the long northern twilight which lasts till nearly ten o'clock. Although unfortunately few visitors remain for it, autumn is one of the most delightful of all seasons in the mountains. The air has then a tang of frost in it, the roads are in perfect condition for walking or motoring, the hills are gay with the bright yellows of the larches and poplars and the brilliant reds of the shrubs. Winter usually sets in about the middle of November and lasts till the middle of March, but even the winter at Banff is delightful. The mountain world, held like a sleeping beauty

in the spell of the Frost King, seems to many lovelier than in summer. Clear sharp frosts followed by Chinook winds create a veritable fairy-land. Huge snow stalactites hang from the spruce trees; great snow mushrooms, 10 feet across, sprout from the stumps; snow wreaths of exquisite beauty gather in the still air on every bush and tree. The great peaks, snow-clad from head to heels, shine in the dazzling sunlight like the towers of some Celestial City, so that the eye can hardly bear to look upon them. The dry, windless atmosphere and sparkling sunshine make it a joy to be out-of-doors. The delightful description of Robert Louis Stevenson, the Beloved Vagabond of the Out-of-Doors in all weathers might have been written of Banff: "In the rare air, clear cold and blinding light of Alpine winters, a man takes a certain troubled delight in his own existence which can nowhere else be equalled. He is perhaps no happier, but he is stingingly alive. He feels an enthusiasm of the blood unknown in more temperate climates. . . . You wake up in the morning, see the gold upon the snowpeaks, become filled with courage and bless God for your prolonged existence. The valleys are but a stride to you. You cast your shoe over the



Looking West up the Bow River from Banff

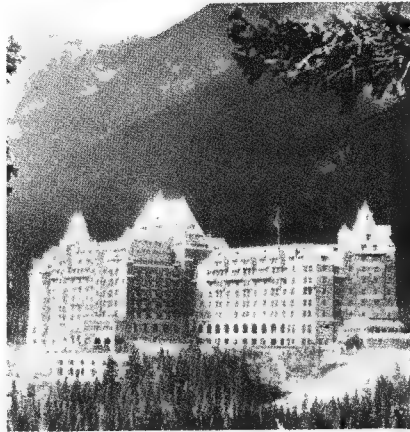
hilltops. Your ears and your heart sing. In the words of an unverified quotation from the Scotch psalms, you feel yourself fit 'on the wings of all the winds to come flying all abroad'."

ACCOMMODATION.—Banff offers hospitality to suit every purse and every taste. In addition to the large Canadian Pacific Railway hotel there are several smaller hotels in the town, comfortably furnished, modern in equipment and reasonable in price. A number of furnished cottages and tourist cabins are also available during the summer months.

GOVERNMENT CAMPSITES.—The Government campsite on Tunnel mountain has become popular with those who prefer to live under canvas, and is one of the best equipped of the kind in the West. It is laid out on the plan of a townsite with a lot for each car, and accommodates about 4,000 persons. Water and electric light services and free wood are provided, and there are also free public shelters, camp-stoves and lavatories with stationary tubs for laundry purposes. There is also a special parking area with "plug-in" facilities for auto trailers. Large arc lights illuminate the camp at night and it is patrolled by the Royal Canadian Mounted Police. The fee is one dollar per tent for each period of two weeks or less, and two dollars for trailers. Everywhere throughout the parks the lighting of fires is prohibited except at specified sites, but these will be found at convenient distances along all the main roads, with cooking shelters, free fuel, stoves, and easy access to pure running water.

Public camp-grounds, less completely equipped than that at Banff, are situated at Johnston Canyon, 16 miles; Mt. Eisenhower, 20 miles; Lake Louise, 40 miles; Moraine Lake, 47 miles from Banff; and on Banff-Jasper Highway at Mosquito Creek (mile 53 from Banff); Bow Pass (mile 64); Waterfowl Lakes (mile 75); Saskatchewan River (mile 89); and The Castlelets (mile 103 from Banff).

THE BANFF SPRINGS HOTEL.—"The finest scenery in the world," says Leslie Stephen, "is improved by a good hotel in the foreground," and the saying is certainly true of the Banff Springs Hotel. It is one of the finest and most luxurious on the continent, equally noted for the comfort of its appointments and the excellence of its cuisine. Its site, a European visitor recently remarked, is "sheer genius." Perched on a sort of eyrie above the Bow valley, it commands one of the most glorious views in the world. Wide tile terraces lead down to two outdoor pools, the inner one of hot sulphur water, the outer a perfect half-circle of fresh water inserted in the bright green of a lawn which drops away into sheer space. Below lies the wonderful Bow valley, magnificently framed between the wooded slopes of Tunnel mountain and the huge wall of mount Rundle, the latter towering up a mile from the valley floor. And what a cosmopolitan



Banff Springs Hotel, Bow Valley

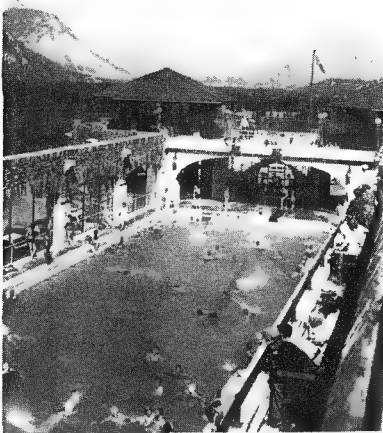
crowd is that which gathers in the wide lounges or about the open fires in the hotel after dinner! One sees here distinguished scientists, travellers, explorers, statesmen, artists, sportsmen and visitors from practically every country under the sun. Tennis, water polo, swimming and diving in the warm sulphur pools, with dancing at night, add to the gaiety; the golf links are within easy walking distance; ponies and motors can be secured at a few minutes' notice, and when one is tired of more strenuous enjoyments it is sufficient to sit on the broad terrace and watch the sun sparkling on the wonderful green waters of the Bow, to see the cloud shadows drifting over the peaks, the blue haze gathering in the valleys or the little mists rising up the sides of mount Rundle and sailing off as clouds into the interminable blue.

HOT SPRINGS

If Banff had not become famous for its beauty it must have become so for its hot springs, but the two combined, together with its clear, bracing air make it one of the finest health resorts on the continent. The springs, it is said, were known to the Indians long before the coming of the white man and there is even a story that old and rheumatic grizzlies had discovered that these warm waters eased the ache in ancient bones. Be that as it may the existence and value of these springs was one of the first things discovered on the opening up of the mountains. The Cree Indians, who inhabited the Bow valley up to the year 1845, when they are said to have been driven out by the more powerful Stonies, must have known of the springs, although they were apparently ignorant of their medicinal qualities, regarding them rather with superstitious dread. The Rev. R. T. Rundle, who

spent several years among the Stoney Indians and camped in the Bow valley in 1841, probably also knew of their existence, although he left no record of the fact. In 1860 the Palliser Expedition visited the district and record in their report the presence of warm mineral springs near their camping place at the angle of the valley.

When the line for the Canadian Pacific Railways was being put through, the springs became talked about and several claims were later made as to first discovery. The first to enter the Cave seem to have been a party of surveyors who observed a



Main Pool—Cave and Basin Springs

column of steam rising from the mountain on the opposite side of the Bow Valley. Crossing the river by a rude raft of trees, they found that the steam was issuing from a vent in the mountain side large enough to admit the body of a man. A rough ladder of pine poles was hastily constructed and squeezing down a narrow passage the most adventurous descended into the steaming darkness below. A lighted torch revealed a cave about 40 feet across, the floor of which was occupied by a natural pool fed by a subterranean spring which had worn an outlet through a small tunnel at the side.

The discovery of the Cave spring was soon followed by that of the Upper springs and later by the Kidney and Middle springs. These five springs are all hot springs as distinguished from thermal springs, that is, they issue from the ground the year round with a temperature of over 90 degrees F. The chief constituents of the waters are calcium sulphate or gypsum, calcium bicarbonate and magnesium sulphate, while sodium and potassium chlorides and sulphates, strontium and iron bicarbonates occur in smaller quantities. They are thus very similar in composition to the famous springs at Bath, England. Greater interest, however, attaches to the fact that the Banff springs have been found to possess a high degree of radioactivity.

The total flow of the five chief springs at Banff was found by a test to be about 40,000 gallons per hour, or approximately 1,000,000 gallons per day. As the test was made in winter and the flow is considerably higher during the spring and summer it is calculated that the yearly outflow is in the neighbourhood of 2,000,000 tons per year.



The Pool at Upper Hot Springs

THE UPPER SPRING.—About 2.25 miles from Banff by a road which winds up Sulphur mountain through straight lines of lodgepole and jack pine is the Upper spring, situated about 500 feet above the valley. This is the warmest of the five springs, having a temperature of 115 degrees F., and it is here that most of the invalids seeking the benefits of the Banff waters come.

The spring rises on the mountainside and the flow, which is over 800 gallons per minute, is carried down to the Government Bath-house about 100 feet below. This is a completely equipped establishment

containing hot tub baths, steam-rooms, hot and cold shower baths, sweat rooms and a large swimming pool. The temperature of this pool is high even in winter and it is a common sight to see bathers enjoying a comfortable outdoor swim in zero weather while icicles hang thick about the sides.

THE KIDNEY SPRING.—A short distance away on the hillside is another spring of smaller volume which is known as the Kidney spring. Its waters contain lithia and are considered to have special therapeutic properties.

THE MIDDLE SPRINGS.—A walk of about one mile up Sulphur mountain from Bow bridge by a good road leads to the Middle springs. They are well worth a visit if only for the magnificent view of the Bow valley obtained from this height. These springs have an estimated flow of about 6,000 gallons per hour and as yet are undeveloped. The water lies in natural rock pools, stained yellowish-white by sulphur and containing myriads of the tiny water plants known as algae. The vivid greens and purples of these cryptogamic plants give the pools an almost sinister look. The spirits which haunt these subterranean born waters, one feels, must be very different from those which guard the cold and crystalline lakes. One peeps into the narrow half-cave from which the spring issues. Who knows! perhaps it may be the haunt of the Under-water people whose drums are still heard by the Indians on spring nights. All around the edge of the cave may be seen little piles of dry grasses, but these are probably only the work of the Pika, the little chief hare of the mountains, called the Haymaker from his habit of piling up grass to dry for food. With his usual sagacity, he seems to have discovered that this little steam-heated apartment makes a comfortable home.

CAVE AND BASIN SPRINGS.—The Cave and Basin springs are situated on Cave avenue about one mile west of the town. Here the Government has erected one of the finest public bathing establishments in Canada. The building is of re-enforced concrete faced with native blue limestone, which harmonizes admirably with the surroundings. Two belvederes roofed with red Spanish tile give the necessary note of colour.

The swimming pool is 150 feet long and 35 feet wide. Dressing rooms capable of accommodating 132 persons extend along the south side of the pool with two wide terraces above, where visitors may promenade and view the pool. The north side is enclosed by massive plate-glass windows which serve to shelter bathers from the wind and at the same time afford charming glimpses of the encircling peaks. For a small fee one may have the use of a dressing room, locker, bathing suit and towels in addition to a bath. A comfortable sunroom furnished with easy chairs provides a place to rest after the exertions

of swimming. It is no wonder that this is one of the most popular attractions in Banff and that it accommodates hundreds of bathers every day. The temperature of the water is about 70 degrees F. in the large pool and 90 degrees F. in the small natural pool.

THE CAVE.—The southeastern belvedere forms the entrance to the Cave, the first hot spring discovered at Banff. The natural passage-way through which one formerly crawled in half darkness to the cave has been considerably enlarged and is now lighted by electricity. Passing through this rocky hallway the visitor finds himself in a small chamber roughly circular in shape, about 50 feet across and 30 feet high. The walls are of porous limestone, covered in places with fluorescent crystals. A pool of greenish-white water occupies a great part of the floor and the gases rising from it fill the air with a sulphurous steam. From an orifice in the roof a shaft of light falls through the darkness, with the effect of some mediaeval picture, dimly illuminating the cave and revealing the constant agitation of the pool. Although unstirred by breeze or passing air, its waters are never still. Little waves ceaselessly lap the rocky rim, tiny shudders run across its face, great bubbles of gas tremble constantly up like sighs from its hidden depths. The water in the pool is from two to five feet deep but so clear that it seems as if every grain of sand could be counted in its bed. As the eye becomes accustomed to the half light, freakish bits of natural carving stand out on the walls—faces of gnomes and animals, a head which bears a strong resemblance to the late Joseph Chamberlain, another which, fitly enough in this sulphurous atmosphere, takes the form of Mephistopheles. Nearly 300 gallons of water per minute heated to a temperature of 85 degrees bubble up from the unseen source that feeds the spring. The overflow, which is conducted down the tunnel, serves constantly to renew the water of the large swimming pool in the baths.

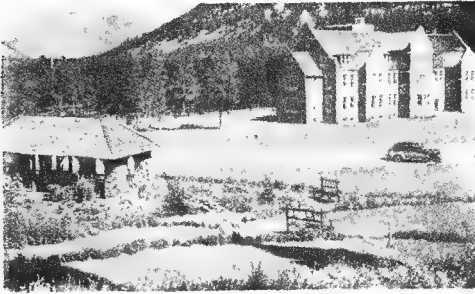
THE BASIN SPRING.—Behind the cave is another spring flowing into an open pool about 25 by 40 feet, overhung by a rocky wall. This was the first swimming pool. The temperature of the water is 94 degrees, or 9 degrees higher than that of the cave which is cooled by the entrance of a stream of fresh water that drops down at the back. The floor of the Basin pool is of black sand through which the water can be seen constantly bubbling up. The overflow from this spring also feeds the big swimming pool.

POINTS OF INTEREST IN AND ABOUT BANFF

MUSEUM.—The Government Museum near the northern end of the Bow Bridge contains a very good collection of big game and smaller animals, as well as of the bird, fish and plant life of the region. Indian relics and examples of Indian handicraft, including some very fine embroideries, are also shown. All who are interested in the natural

history and geology of the park are well advised to pay an early visit to the museum.

FISH HATCHERY.—About half a mile from the town along the road to the Bow Falls will be found the Government Fish Hatchery. Here each year, under the direction of fishery experts, millions of Dolly



*Administration Building from Cascades
Rock Garden*

Varden, cutthroat, rainbow, and lake trout and other game fish are hatched for the restocking of the lakes and streams of the park, and the interesting stages of growth from the egg to the fully formed fish may be observed. The hatchery is open daily and visitors are always cordially welcomed.

PREHISTORIC ROCK GARDEN.—The prehistoric rock garden, situated near the Administration Building, is a unique and interesting feature. Its architect, Mr. Beckett, a well known artist of Riverside, Ontario, calls it "The Cascades of Time," and by means of a series of pools connected by a tumbling stream, he has portrayed the succession of geological periods represented in the Canadian Rockies, from the Pre-Cambrian to the latest formations. This charming little outdoor school in geology is set among lovely gardens where one may linger and rest. The summer houses were constructed of local timber and the architect has sought and found some interesting and unusual growths which form a natural decoration.

BOW FALLS.—About a mile from the Bow Bridge, almost opposite the C.P.R. Hotel, the Bow river which has been flowing peacefully through deeply wooded banks, takes a sudden leap of about thirty feet, and falls in a beautiful green cascade into a foaming pool below. In a few hundred yards it is joined by the darker Spray river and turns suddenly about the shoulder of towering Mt. Rundle, which forms one of the main features of so many vistas at Banff.

WILD ANIMAL PADDOCKS.—About one and a half miles from the town along the railway there is a large fenced enclosure where a small herd of buffalo and other wild animals are kept for the interest of visitors. Unfortunately during the summer months when he is most under observation the buffalo is shedding his coat and he presents a ragged and tattered appearance. In the autumn when he is wearing his new dark and luxuriant robe—the pride of every turn-out in the

horse and cutter days—he appears truly the “Monarch of the Plains.” The original Banff herd, the first herd to be raised in captivity, was donated to the Government by the late Lord Strathcona who was born in Banff, Scotland.

RECREATIONS

GOLF.—The golf links at Banff have an altitude of about 4,500 feet and the surrounding scenery is so glorious that one is furnished with a perfectly reasonable excuse for not keeping one's eye on the ball. The clear bracing air of the mountains produces a feeling of physical exhilaration and puts a player at the top of his form.

The links are owned and operated by the Government and their location is superb. They are situated just below the junction of the Bow and Spray rivers within ten minutes' walk from the Banff Springs hotel. The great facade of Mount Rundle rises directly from the right and the talus slopes at its base form the resting place of many a lost ball. High up on its ledges a band of mountain goats may sometimes be seen, detached spectators, apparently, of the game.



A Sporty Hole on the Banff Springs Golf Course

The course was laid out by the well known golf architect, Mr. Stanley Thompson, and is reckoned one of the finest, most perfectly balanced and scenically beautiful courses in the world. There are four sets of tees to each hole so that players of every capacity may enjoy the game. The small but charming club-house provides refreshments, equipment and the services of a professional and caddies.

FISHING.—The lakes and streams of all the mountain parks are kept stocked with game fish and the enthusiastic angler can find good sport often within easy walking distance. Lake trout, running up to 40 pounds, are found in Lake Minnewanka. Dolly Varden, cutthroat and rainbow are found at their best in the ice cold smaller lakes, many of which are accessible from one of the Bungalow Camps.



Mt. Rundle and Vermilion Lakes, Banff
"Imaged in a watery glass"

With their motor permit, motorists receive a free fishing license covering all dependent members of the family. Other tourists may procure a seasonal or temporary license at the office of the Park Superintendent, Banff. Full information as to guides, tackle and the best fishing spots may be obtained from the Information Bureau on Banff Avenue, and as the open season for the different varieties varies, it is well to acquaint oneself with these details early.

BOATING AND CANOEING

BOW RIVER NEAR BANFF.—In some European galleries a mirror-topped table is provided so that visitors may study the wonderful frescoes high up on the walls and roof. Nature, with her unerring instinct for the beautiful, has provided a similar mirror at Banff in the quiet reaches of the Bow river from Banff to about eight miles above. They not only offer delightful opportunities for boating but one of the best ways of viewing the panorama of peaks on both sides of the valley. Rounding the base of Sulphur mountain the river winds between low banks bordered with overhanging willows and poplars, and affords constantly changing pictures of the magnificent entourage of mountains

that mirror their great grey faces in the quiet waters of the little stream. To the right can be seen the sharply serrated outline of the Sawback range and the slim spire of beautiful mount Edith; to the left are the rear slopes of Sulphur and the great bulk of mount Bourgeau and the two other noble peaks of the Massive range, mount Brett and Pilot mountain.

The quiet restful beauty of this little trip makes it one of the most popular in the park. During the season launches leave the wharf west of the Bow bridge several times daily. Rowboats and canoes may also be rented by the day or hour.

ECHO RIVER AND SHADOW CREEK.—Echo river and Shadow creek, the latter a tree-bordered shady waterway to the Vermilion lakes, offer pleasant opportunities for canoeing, and a paddle up their cool reaches at any time of the day makes a delightful excursion.

UPPER AND LOWER REACHES OF BOW.—For the expert canoeist two trips that offer fine scenery, excitement and excellent fishing are the upper and lower reaches of the Bow. For the first a canoe may be shipped by train to either Castle station or Eldon and the run made from this point to Banff. In high water the trip can be done in a day but to do it justice it is better to take two or three days. A stop-over at Redearth creek enables one to see the whirlpool and canyon and affords a chance to capture a gamey cutthroat trout. Below is the "white water" of the rapids, a run which will test the nerve of even an expert swift-water man. For the lower trip a canoe may be taken below the Bow falls and the run made to the junction of the Bow and Kananaskis rivers at Seebee. This also affords swift water and sufficient thrills, as well as opportunities for fishing at some of the best trout pools on the river. As has been said these trips are for the expert; anyone else should enlist the services of a guide.

MOUNTAIN CLIMBING

"What does he know of mountains who only the valley knows?"

"It is becoming more apparent each year," says Mr. W. D. Wilcox, the American author and climber, who has done much valuable exploration work in the Banff Park, "that this part of the Rockies is not only a great field for Alpine climbing in its strictest meaning, but undoubtedly the most extensive and interesting field presented by any readily accessible range in the world. That such men as Collie, Stutfeld, Woolley and Whymper have come over from England several seasons to climb here, that the Appalachian Mountain Club represented by Abbot (who lost his life on mount Lefroy), Fay, Weed, Thompson and others, and expert climbers such as Outram and Eggers, have found climbs that tested their powers to the utmost, or repelled all attacks, even under the leadership of expert Swiss guides, tells much about the real nature of the climbing."

CLIMBS AT BANFF.—While Lake Louise is the centre for true Alpine climbing in the Banff Park, Banff offers a splendid field for



Nearing the Top

the amateur and a good training ground for those who seek to do more ambitious work. Sulphur, Cascade and Rundle mountains are climbs within the attainment of every vigorous person and require no guide. Mount Norquay affords some good opportunities for rock work and is frequently climbed by members of the Canadian Alpine Club. Mount Edith, which has been likened to the Little Dru, at Montanvert, and mount Louis, two dolomite peaks, offer very interesting climbs but too difficult for the amateur. Mount Aylmer, near lake Minnewanka, is the highest peak in the immediate neighborhood, while the finest peak in the park, mount Assiniboine, is only 20 miles to the south.

The Alpine Club of Canada has done much to foster the spirit of exploration and the love of alpine climbing. At its comfortable

Lodge, half way up Sulphur mountain, the alpinists may meet fellow enthusiasts and obtain the best of advice and information with regard to climbs in any of the mountain parks. The valuable "Alpine Journal," issued annually by the club, is a mine of information as to past climbs, and there is also a most interesting library which may be consulted.

Each summer the club holds an annual camp, open to amateurs, at some base from which climbs of different degrees of difficulty are made. This camp not only provides a healthful and inexpensive holiday, but it introduces many beginners, under expert guidance, to the joys of alpine climbing and develops a love of mountains such as can be obtained in no other way. For those who are athletically inclined this is one of the most delightful ways of becoming acquainted with the mountains. Particulars as to rates and membership can be secured from the secretary of the club at Banff.

WINTER SPORTS

Banff has unique advantages as a winter resort. The great peaks in their shining mantle of snow wear an ethereal majesty and in the

dry windless air both snow and ice attain ideal conditions. For the vigorous bodied, outdoor sports are a stimulus and delight, and at Banff there are opportunities to enjoy them all. There is a large open air skating rink, a covered curling rink, and such a varied terrain for ski-ing that everyone, from the



Ski-ing in the Skoki Valley

the novice to the professional, may choose what suits him. A carnival is held each winter which attracts thousands of visitors and, in addition, a special sports program is arranged for each week-end, when the streets of the little town are gay with the many-coloured costumes of enthusiasts. After a strenuous day of ski-ing, skating, ski-joring, snow-shoeing, or ice-boating on Lake Minnewanka, a plunge in the radium-impregnated hot springs is the real "big medicine" for tired muscles.

The championship ski-jump is on Mt. Norquay, about four miles from the town, reached by a motor road which is kept open in winter. A small lodge is equipped with a coffee bar.

Lodges have also been built near Ptarmigan pass and in the Skoki valley, reached by a ski-trail of about 12 miles from lake Louise.

Sunshine Lodge, about 12 miles southwest of Banff, supplies a base from which some wonderful sport may be enjoyed in the Simpson pass region. In formation as to guides, instructors and competitions may be obtained from the Park Superintendent.

INDIAN DAYS

Each summer, usually at the end of July, the Stoney tribe of Indians come from their reserve at Morley, about 40 miles from Banff, to hold their Annual Games. The program includes tests in horsemanship, in which they are particularly skilled, and physical competitions of many kinds. The procession of "braves," mounted on their gaily decorated ponies and wearing magnificent bonnets of eagle feathers and ermine tails, is sometimes nearly a mile long and is a sight to be remembered. The Stonies are a friendly and intelligent people with a strong sense of humour. They make visitors welcome to the camp where good natured squaws sit at the doors of the teepees and watch their brown babies sprawling at their feet, or cook the family meals over the open fire in the immemorial way.

BANFF AS A CULTURAL CENTRE

Of recent years Banff has become a centre for students of the arts and sciences. Naturalists and geologists find an ideal outdoor school

and opportunities for field study in the park, and the Government Museum supplies a valuable means of checking the work of amateurs.

BANFF SCHOOL OF FINE ARTS

Each summer, for a term of five or six weeks, the Banff School of Fine Arts offers classes in painting, music, theatre art, handicrafts, and oral French. The school is under the joint direction of the Institute of Technology and Art, Calgary, Alberta, and the Department of Extension, University of Alberta, Edmonton, and attracts students from all parts of the Dominion, who are thus able to combine the pleasures of a mountain holiday among congenial companions with an opportunity for study under some of the most distinguished artists in Canada.



Deer



A Mountain Pass

CHAPTER 3

Walks, Drives and Trail Trips About Banff

WALKS

"It requires a direct dispensation from Heaven to become a walker."
—Thoreau.

One of the best ways of seeing any mountain district is on foot, and in the Swiss Alps it has long been one of the most popular forms of travel. To walk for miles through silent forests, far from the sound of a motor horn, to penetrate lonely valleys, or climb to wind-blown heights, is to come near to the very heart of the mountains, to catch their emanations of wisdom, purity and peace.

The "Hikers Club" of the Banff Park has done much of recent years to re-establish in the mountains the "Ancient Order of Walkers." Its annual camp, open to all lovers of hiking, attracts several scores of visitors each summer. As a rule a base camp is pitched in some interesting region and walking tours of various lengths and difficulty are organized under the leadership of older members. Hikers who wish to travel independently may follow the roads or some of the well known trails to places of interest or, taking some of the chalets or bungalow camps as bases, explore the trails leading from them.

FROM BOW TO SPRAY BRIDGE.—Long walks require that a person be vigorous and in training, but there are many delightful short walks about Banff that can be enjoyed by anyone moderately active. One of the most delightful—from the Bow to the Spray bridge—is only a mile long. To walk along this path early on a summer day when the

river is unrolling itself in the radiance of the morning and every poplar leaf is twinkling and glistening in the sun, makes one glad of mere existence. Every few feet brings a new picture, dominated now by Cascade, now by Rundle, and each one is a surprise and enchantment.

UP TUNNEL MOUNTAIN.—Another beautiful though longer walk is up Tunnel mountain. This will take from two to three hours. Tunnel is a wooded knob between mounts Cascade and Rundle. Geologists believe that it was once a part of Rundle, broken off in some cataclysm of nature. The road around the mountain climbs about two-thirds of the way up and from it a bridle path leads to the top. The road is open to motors but all who are fond of walking are advised to take it on foot or, as a second best suggestion, by pony-back. The views along the way and from the summit are magnificent. This is the most accessible point from which some conception of the glory of the mountain ranges can be obtained. The valley of the Bow as far as the Vermilion lakes to the west, the town itself, the slopes of Sulphur, the falls, the wooded valley of the Spray with Goat mountain in the background, the Bow valley to the east with a glimpse of lake Minnewanka and its surrounding peaks, all lie open to view.



"Camping Out." Mt. Wilson in Background

SULPHUR MOUNTAIN.—The walk through the woods to the summit of Sulphur mountain is also much favoured. The distance is about six and three-quarter miles and the return trip may be made in from four to six hours. If desired, motors may be taken to the Upper Hot springs and the balance of the climb taken on foot, a distance of about four and a quarter miles, or ponies may be taken the entire way. The path winds through the pine woods, passing the Alpine club-house and the Upper

Hot springs. On the summit is the Government Meteorological Station, where observations regarding the weather are recorded. Here with lungs "filled with the winds of heaven" one gazes at a magnificent panorama, "the mountainous wrack of a creation hurled." With the exception perhaps of the Little Beehive at Lake Louise there is no easily accessible point from which such an extensive view of the Bow valley can be obtained. From this point the wave-like, or "echelon" formation of the eastern ridges with their sharply uptilted folds is clearly visible, as are also the great snow-covered peaks to the west. The wide valley of the Bow, carved through glacial deposits of from 200 to 300 feet thick, is visible for miles, with lake Minnewanka, Forty-mile creek and the Vermilion lakes set like bits of looking-glass in the jade green frame of the forest. All around is a magnificent array of peaks with thrilling glimpses of the great snow-covered summits massed along the Divide.

CASCADE AND RUNDLE MOUNTAINS.—Good trails also lead up Cascade and Rundle mountains and ponies may be taken part way. These climbs may be made in about eight hours, but it is better to start in the morning, take a lunch and rest an hour or two on the summit. Mount Rundle affords a wonderful panorama of the whole district and especially fine views of the Fairholme range to the east and the Assiniboine group to the south with the white pyramid of mount Assiniboine out-topping the rest of the peaks. Cascade also makes a very fine trip and if desired ponies may be taken to timber line. Here there is a remarkable natural amphitheatre which looks as if it might have been formed for the sessions of the gods of the mountains. Indeed if these ranges have their presiding deities Cascade may well claim to be their Parnassus. A rather stiff climb takes one the remainder of the way to the summit.

Sundance canyon, the Spray Valley road, and up Mt. Norquay to the ski jump, are also favourite objectives for walks and there are many more extended trips possible if the party numbers two or three, and if a pack pony is taken to carry supplies.

MOTORING

Nearly 200 miles of roads radiate from Banff and, with the exception of the Spray Valley road, all of these are open to motors. The Spray road is reserved for the use of riding ponies. This is one of the most delightful spots for a gallop in the park. The road skirts the Spray river among beautiful pines, affording fine views of mount Rundle and Goat mountain. It is open for seven miles to the old lumber camp.

For the motorist with sufficient time at his disposal there are three fine trips: the motor highway to the eastern boundary of the park, a distance of about 32 miles; the same road west over Vermilion summit

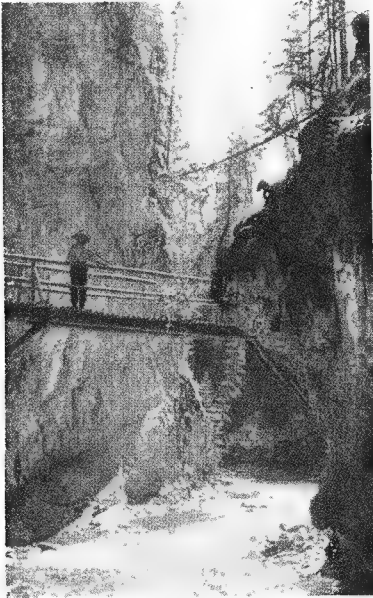
to Sinclair Canyon or what is now known as the Banff-Windermere highway; and the road to lake Louise and the Great Divide, 45 miles, with an extension of 9 miles to Moraine Lake.

There are also a number of drives about the town: up Tunnel mountain; the Loop about the golf links, passing the "Hoodoos"; the drive to the Upper Hot springs, a spot which affords a particularly fine view of the Bow valley; to the Cave and Basin and on to Sundance canyon; and to lake Minnewanka, passing the wild animal paddock. Along the motor road west, Mount Edith pass, Johnston canyon and Marble canyon are also favourite objectives, the last being the most popular tally-ho drive in the park.

SUNDANCE CANYON.—Sundance canyon is a wild and romantic spot about four miles west of the town. The origin of the name is

uncertain. Some authorities claim that it is derived only from the sparkling of the sunshine on the leaping water, while others say that in former times this was the site where the Indians held their sacred festival, the Sun Dance, the ordeal of courage through which the young braves were initiated into the tribe.

The canyon is a huge crack in the limestone formation through which the stream, half-hidden at times beneath enormous boulders, finds its way, leaping in little cascades from step to step but never attaining the dignity of a waterfall. Ralph Connor, the Canadian novelist, who once filled a pastorate at Banff, refers to this spot in one of his well-known books, and its wild charm and lonely beauty make it a favourite resort with all who come to know Banff well.



Johnston Canyon

LAKE MINNEWANKA DRIVE.—Lake Minnewanka (4,800 feet), about eight miles from Banff, is a beautiful sheet of water lying in a deep valley between high mountains.

The road to the lake is very pleasant, skirting the base of Cascade mountain and passing through Bankhead, a small mining town notable as the place where "briquettes"—a form of fuel much used in the west—are manufactured. Mount Inglismaldie (9,715 feet) is prominent to

the right. Beyond, the road follows the gorge of the Cascade river, a capricious, turbulent stream which, after cutting a gorge through a veneer of morainal debris and 30 feet of rock, caps its waywardness by flowing into lake Minnewanka, only to flow out again within a few hundred yards.

The lake is what geologists call a leaf-shaped lake. It is about 13 miles long, never more than two miles wide and is formed like the letter S. Its greatest beauty lies in the wonderful blue of its waters, a veritable blue-bird blue which to many recalls the Mediterranean. Large launches make several return trips up the lake daily. This is one of the most popular fishing spots near Banff, famed as being the home of the "Minnewanka trout," the largest fish found in park waters, specimens of which have been taken weighing as much as forty pounds. Small boats are obtained at the chalet as well as the services of guides wise in the knowledge of the best fishing spots.

The name "Minnewanka" is from the Stoney Indian word for "Spirit Water," and the legend connected with it says that when the Stonies first came to this district an Indian who was up on the mountainside saw the fins and back of a monster fish swimming in the lake. To get some idea of its measurements he took out his hunting knife and held it out in front of him as a gauge. Both the head and tail projected beyond the knife.



Lake Minnewanka

Showing "Gibraltar" rock on the right

This would make the fish about a mile long, rivalling the famous sea serpent. It was natural to conclude that such an apparition must be due to the presence of spirits. Whether the monster was ever seen again history does not relate. Certain it is the lake has always been associated with stories of big fish. The Cree name for the lake is Muchimanitou-sa-gi-agun, literally "devil's lake," a name formerly in use but changed a number of years ago to the more euphonious Minnewanka.

Geologists believe that through the valley in which lake Minnewanka lies the Bow river once flowed out to the plains by way of the Devil's gap. When the front ranges of the Rockies were uplifted the river took the easier way of the Cascade trough. During the whole glacial period the valley was occupied by a huge glacier which has left its marks on the mountain walls as it carved out the rocky basin some 300 feet deep in which the lake now lies. Traces of the tributary glaciers that filled the Bow and Cascade valleys are seen in the thick morainal deposit at the western end.

The trail along the north side of the lake was once an Indian highway and there is no place in the park so rich in Indian associations as the surrounding district. This was a favourite hunting ground of the Crees and later of the Stonies, although the Indian seems to have regarded the whole region with a kind of superstitious dread. The Devil's Head, that lowering summit, black throughout the year, which seems to gaze in all directions, always gave him a certain uneasiness. In early days votive offerings consisting of pipes, beaded pouches, tobacco and tomahawks were to be found on its ledges. Throughout the winter its sombre mass, black no matter how much snow might fall, owing to some peculiar rock formation, was a landmark to the Indians far out on the plains. A line drawn from Blackfoot Crossing, the old headquarters of the Piegans, Blackfeet and Bloods, just south of Gleichen, Alta., to the peak touched the Elbow about the present site of Calgary and many a brave and early traveller took his bearings from the fact.

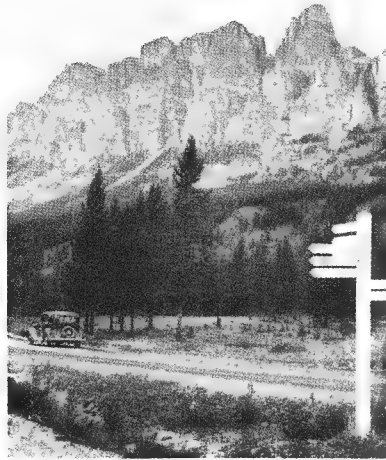
The south side of the lake is guarded by mounts Inglismaldie and Girouard with mount Peechee rising up almost directly behind. To the north are mount Costigan and mount Aylmer (10,335 feet), the latter the highest peak in the Banff vicinity and one of the favorite climbs. A little more than half-way down the lake the trail branches off to Aylmer canyon, one of the most striking canyons in the park with walls ranging from 200 to 600 feet deep.

The open meadows near the lower end of the lake were formerly an Indian camping ground and here Sir George Simpson and his party rested after passing through the Devil's Gap. Among the stories told him at that time by the Indians Sir George relates the following:—

“The defile through which we had just passed had been the scene of an exploit highly characteristic of savage life. One of the Crees, whom we saw at Gull lake, had been tracked into the valley, along with his wife and family, by five youths of a hostile tribe. On perceiving the odds that were against him, the man gave himself up for lost, observing to the woman that, as they could die but once, they had better make up their minds to submit to their present fate without resistance. The wife, however, replied that, as they had but one life to lose, they were more decidedly bound to defend it to the last, even under the most desperate circumstances; adding that, as they were young and by no means pitiful, they had an additional motive for preventing their hearts becoming small. Then, suiting the action to the word, the heroine brought the foremost warrior to the earth with a bullet, while the husband, animated by an admixture of shame and hope, disposed of two more of the enemy with his arrows. The fourth, who had by this time come to pretty close quarters, was ready to take

vengeance on the courageous woman with uplifted tomahawk, when he stumbled and fell; and in the twinkling of an eye the dagger of his intended victim was buried in his heart. Dismayed at the death of his four companions, the sole survivor of the assailing party saved himself by flight, after wounding his male opponent by a ball in the arm."

JOHNSTON CANYON.—Leaving Banff the road crosses the railway in the vicinity of the station and turning to the left, skirts the beautiful Vermilion lakes with mount Rundle's familiar saddleback mirrored in their calm waters. To the northeast is the massive bulk of Cascade mountain, formerly called Stoney Chief, with Stoney Squaw humbly at its feet and mount Norquay a little to the left. The road follows the Bow valley, affording glimpses of the river, here a quiet, tree-bordered stream. On the right the mountains rise bare and lofty, forming a serrated crest so sharp that it seems to have been cut out of steel plate. About four and a half miles out, the graceful head of mount Edith appears looking over a shoulder of the Sawback range. Near this point a flock of Bighorn sheep frequently disputes the right of way, affording excellent opportunities for the camera. Across the valley may be seen the rear slopes of Sulphur and the impressive bulk of mount Bourgeau, one of the three great peaks of the Massive range. Soon, on the right, Hole-in-the-Wall mountain appears with what seems to be a window in its side. This is a natural cave about 150 feet long and 50 feet in diameter at its mouth, carved in the mountain 1,500 feet above the valley. Soon the striking outline of Mt. Eisenhower looms up ahead dominating the vista to the west in the centre of the valley. Two miles before reaching Johnston creek the road passes through the Hillsdale hills, a beautiful park-like area with low grassy hills, a favourite haunt of deer. Far away to the left on Vermilion Summit, showing between Copper and Pilot mountains, we catch a thrilling glimpse of mount Ball over on the Continental Divide, with its gleaming helmet of



Mt. Eisenhower

*"The rocky summits split and rend,
Form'd turret, dome or battlement."*

—Sir Walter Scott.

snow. Directly in front is Pilot mountain, so called because its curious thumb-like peak is a landmark for miles in all directions. It was the guide of many an early traveller in the days before the railroad. Coming in from the right almost opposite Pilot mountain is Johnston creek.

Leaving the motors the trail is taken up the canyon, a walk of a little over half a mile. So many persons visit the spot during the season that each year the path is worn away by their feet. Below tumbles the little stream, its waters so crystalline clear that they reveal every pebble on its towny, sunflecked bed. The trail crosses and recrosses the canyon by means of flying rustic bridges. In some places the rocky walls are over 100 feet high and less than 20 feet apart. Potholes, high up on the sides, reveal the immense number of years the water has been in action. At the upper end of the canyon the stream plunges in a charming fall into a rocky basin called the Twin pool. Above the entrance to the little natural tunnel which gives access to the pool is a curious bit of nature's carving. It is the head of a dog sculptured in the rock and apparently guarding the cave, the Cerberus of the canyon.

From Johnston creek the road follows the Bow river west and the immense mass of Mt. Eisenhower soon becomes the outstanding feature of the landscape.

MT. EISENHOWER.—Mt. Eisenhower was formerly called Castle mountain, but during the visit of Gen. Dwight Eisenhower to Canada at the close of World War II, this magnificent peak, familiar to all travellers along the Bow valley since earliest days, was re-named in his honour and to commemorate his distinguished services during the war.

The mountain is a natural fortress, with walls a mile high on a foundation eight miles long, complete with turrets, bastions and battlements. High on its rocky walls what appears to be a giant doorway can be clearly seen. There is a legend that the mountain is the home of the Chinook wind, the little daughter of the South wind, who was blinded in a fierce encounter between the jealous North wind and the strong young West wind who flew to her rescue, and it has been said that she has been sometimes seen, stealing down from the mountain to the prairies, seeking her lost mother and leaving Spring wherever her feet have trod.

CASTLE-LAKE LOUISE ROAD.—The distance from Castle fork to lake Louise is only 21 miles and the run can be made in about an hour. The road is eminently worth taking not only because it gives access to one of the most beautiful regions in the Rockies but also for its charm along the way.

A mile west of Castle is the line of demarcation between the eastern and younger formation of the Rockies and the western and

older. Here the "writing desk" mountains like Rundle, or the sharply serrated peaks such as the Sawback, give place to the massive "block" type. The outline of many of these masses is magnificent. They suggest sublime architectural creations as if some celestial Michael Angelo or Christopher Wren had wrought into stone the dreams of a thousand years.

CASTLE TO LAKE LOUISE.—Although the twenty-one miles from the Castle fork to Lake Louise Chalet can be comfortably made in an hour, a more leisurely journey should be taken among such magnificent scenery. With each mile the scenery grows more impressive as the snow peaks draw near. We are approaching the magnificent entourage of peaks along the Divide known as the Laggan group, a royal company of peers, the majority over 11,000 feet in height. Soon between Gothic roofs one catches a glimpse of the blue green of glaciers and the gleam of perpetual snow. The Bow valley widens out and through its green floor the river "winds about and in and out," rushing down from the Divide apparently in a terrific hurry to get to the plains. Towering up to the left is sublime mount Temple (11,626 feet), out-topping every peak in the park with the exception of Assiniboine. Seen from the Bow valley it is hard to realize its tremendous proportions unless perhaps a drifting stratum of cloud high above floats lazily across it, wreathing it to the amazement of the beholder only shoulder high and leaving its beautiful cone, whiter by several shades than the vapoury cloud scarf, suspended in mid heavens as if by some magician's wand. To grasp properly the scale of dimensions upon which the Architect of the Universe has laid out the plan of this structure one must go to the valley of the Ten Peaks and view at close hand those tremendous walls carved into huge buttresses, or from the summit of Saddleback look down the 2,000-foot abyss to its base. As one gazes at its great walls, over 7,000 feet high, and the wonderful dome of glittering snow that crowns it, the noblest edifice erected by man seems a mere toy. Old when the temples of Greece and Jerusalem were unconceived, it still stands, a building "not made with hands, eternal in the heavens." Mount Temple was first climbed in 1894. The ascent is not particularly difficult and the panorama it affords of the myriad far-reaching peaks and interlacing valleys is truly glorious.

The jagged outlines of the Ten Peaks which guard Moraine lake are soon visible to the left and just before reaching Lake Louise station one catches a glimpse of the lofty summits of Victoria and Lefroy. From the station the road ascends via the carriage road to lake Louise itself, "Pearl of the Canadian Rockies." This spot alone would be sufficient lure to bring a motorist many scores of miles but the road has still other beauties to offer. An extension of nine miles more takes one to the wild and lovely Moraine lake in the valley of the Ten Peaks, and from this point the visitor may explore on foot the neigh-

bouring Paradise and Consolation valleys, two of the loveliest valleys in the park.

From Lake Louise the highway may be taken to the Great Divide and the famous Kicking Horse pass, the route by which the Canadian Pacific Railway crosses the main range. From this point the road drops down the precipitous slope to Field and Emerald lake.

BANFF-JASPER HIGHWAY.—The construction of the Banff-Jasper highway, completed in 1940, has opened up a region which forms the very climax of the Canadian Rockies. For over 100 miles it parallels the Great Divide, in places only four miles away, within view of the successive icefields which hang upon its crest. Chief of these is the vast "mer de glace" known as the Columbia Icefield, lifted high upon the shoulders of mighty peaks and spilling down on all sides into the valleys below. "Mother of Rivers," it has well been called, for it forms the centre of the water system of one-quarter of the Dominion, giving birth to streams which take their way to three oceans and carry life and fertility to thousands of miles of valley and plain.

From Banff the road follows the valley of the Bow river, utilizing the Banff-Lake Louise road for 36.6 miles. Then it turns north, passing Hector lake and two little robin's egg-blue gems, lake Margaret and Turquoise lake, and the remarkable Crowfoot glacier, to Bow lake, the source of the Bow river, which flows down through the park to become the main source of the South Saskatchewan and so into Hudson Bay. Bow lake is about three miles long, its glacier green waters walled on the west by lofty cliffs hung with ice. At the head

of the lake is Bow glacier, broken into innumerable seracs, its waters descending at last through a steep and narrow canyon to the lake.

The road crosses the Bow pass at an altitude of 6,785 feet, and then drops down to the wide trench occupied first by the Mistaya river and then by the North Saskatchewan. It then climbs again by long, easy switchbacks to the Sunwapta pass (6,675 ft.), the gate way to Jasper Park and to the region of perpetual ice centred in the Columbia Icefield. A spur road from the main high-



The Highway Skirts Sunwapta Canyon

way enables the visitor to explore one of its largest ice tongues, the Athabaska glacier, whose melting waters form the source of the Sunwapta river, the chief headwaters of the historic Athabaska river.

From the Athabaska glacier the road sweeps down to the valley of the Sunwapta river and, passing Sunwapta canyon and falls, comes at length to the Athabaska falls, one of the most spectacular in the Rockies. Crossing the river to its western bank, it soon reaches the junction with the Whirlpool which flows down from the Athabaska pass. This was the route of the old "Fur Brigades" in the palmy days of the fur traders, and the road now follows the old trail down the wide Athabaska valley to the town of Jasper, the chief resort of the park.



Athabaska Falls

The total length of the road is about 185 miles, a distance which can be comfortably covered in one day, and which formerly could be accomplished by an arduous trail trip of three weeks. Gas stations and campsites will be found along the way and no additional motor permit is required upon entering the sister park.

TRAIL TRIPS

Who hath smelt wood-smoke at twilight; Who hath heard the birch-log burning?

Who is quick to read the voices of the night?

*Let him follow with the others, for the young men's feet are turning
To the camps of proved desire and known delight.*

—Kipling.

TRAIL TRIPS FROM BANFF

The visitor who leaves without having taken a trail trip has missed one of the chief joys of the Rockies. The traveller by the railway goes away believing he has seen the parks whereas he has touched only their merest fringe. Range after range of mountains as beautiful as those he has looked upon stretch away to the confines of the park, hiding equally wonderful valleys, canyons, lakes and waterfalls. These can be reached only by trail and for those who can spare the time there is no way of seeing the parks to compare with a trip of this kind. For if one wishes to know the real heart of the mountains he has to go off alone and live and camp among them. In the mountains,

as everywhere else, "Pan does not come for the calling." He will seldom consent to show himself to a crowd of tourists. Those who put on the pilgrim's habit of khaki and corduroy, however, and travel to the holy land of the wilderness are practically certain to find him. There are nearly 1,000 miles of trails in Banff Park, a large part of which radiate from Banff. More than a score of trips may be taken and practically every one will yield good fishing, wonderful scenery and a glimpse into the heart of nature that will be worth more than many books. A list of licensed guides who will outfit a party for an expedition of any length and supply the necessary tents, ponies and other equipment may be obtained from the Government Information Bureau, Banff.

THE MOUNTAIN PONY.—When one comes to the question of trail trips the mountain pony deserves a word to himself for, if the camel be the ship of the desert, the pony is the mountain express. He is the only means of access to some of the most enchanting districts and let us hope he will long remain so.

"The cayuse," as he is familiarly called, is guaranteed to be "wise to the mountains and fool-proof." Born and bred in the mountains he is a type all by himself, hardy, sure and clean of foot. In disposition he is wayward, inquisitive and about as far removed from altruism as can be imagined. He has, though, such a supreme regard for his own neck that one soon learns to trust to his sagacity. He can travel along a perilous ledge over a thousand-foot precipice with a superb nonchalance that compels respect, admiration and at last confidence. He can climb like a mountain goat and slide down a mountain-side like an equestrian toboggan, landing nine times out of ten without a scratch. He will carry his swaying pack burden through a hopeless tangle of forest and fallen logs or swim a mountain stream a few degrees above freezing. His wicked little rolling eye suggests that he may have "ways that are dark and tricks that are vain," but the majority of these ponies are so well broken that they can be ridden by anyone whether he has ever been on a horse before or not. If you happen to belong to the latter class, the guide assures you, "Sure, I've taken out folks that didn't know which end of a horse went first but we ain't ever had any accidents," and you find that you can trust him and the pony to see that you don't.

The origin of the mountain ponies is shrouded in mystery but it is believed they are Indian breed originally imported from Mexico or South America, probably a cross between the mustang and the horses introduced by the Spaniards in the conquest of Mexico. Smaller than the Indian horse of the prairie they are equally strong, untiring and fleet. Though only fourteen hands high they can carry a man or heavy pack with ease up the steepest of mountain trails and their hardy nature enables them to endure all sorts of weather in winter or summer.

One of the most picturesque sights at Banff during the season is the departure of a pack-train for the wilderness. If the expedition is to last several weeks sometimes thirty ponies will be required, the necessary equipment being fastened in huge bundles to the broncho's back by the famous "diamond hitch," an ingenious combination of loops and twists of the rope said to be imported from Mexico, a trick which many outfitters in the early days paid \$100 to learn.

SPRAY LAKES.—One of the most popular trips from Banff, on account of the splendid fishing it affords, is that to the Spray lakes. The trail starts from Banff, following the wooded valley of the Spray to its fork. Here the trail divides, the right branch leading to the foot of the lower Spray lake, the left, over Goat pass between Goat range and the Three Sisters to the upper and lower lakes. The scenery along the way is fine and the fishing at the lakes excellent. Cutthroat and Dolly Varden trout run to a good size and practically everyone who goes in secures all that the law allows him to take, namely, ten fish per day. This trip can be made in from four to five days. The round distance is about 50 miles.

KANANASKIS LAKES.—An extension trip of about 23 miles takes one on to the beautiful Kananaskis lakes. These lakes are situated near the eastern boundary of the park and have long been noted for their scenery and their fishing. The Kananaskis river unites them and half way between the two there is a lovely waterfall. The upper lake is a beautiful body of water dotted with wooded islands and encircled by high peaks down which hangs the airy veil of a silver waterfall 1,000 feet in height. The lower lake is noted for its big trout, the largest and finest cutthroat in the mountains being obtained here. This trip takes about ten days.

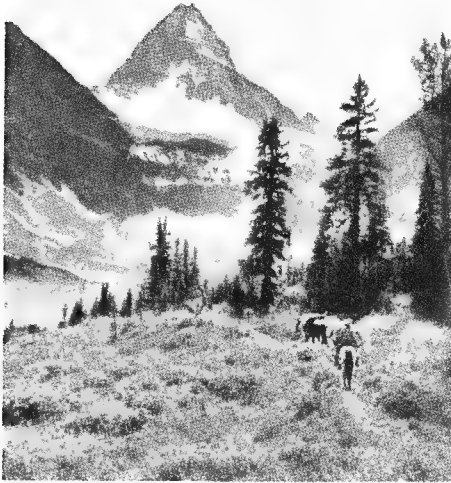
THE GHOST RIVER VALLEY.—This is a trail trip which deserves to be taken much oftener than it is. The motor road is followed to lake Minnewanka and then the trail leads round the left shore of the lake, passing Aylmer canyon and out through Devil's Gap to the Ghost river, a distance of about 17 miles from the lake. The scenery is exceptionally beautiful and the curious feature of it is that the stream itself, like some of the fabled rivers of old, descends for a time to the lower regions, reappearing some 12 miles below. After the spring freshets the bed of the main river is entirely dry, the water following some subterranean channel for almost a dozen miles. The neighbourhood is also rich in fossils.

Several explanations have been given for the name "Ghost river," but the Indians themselves say it is due to the fact that many years ago there used to be a wild white horse running among these hills and though they tried repeatedly they never could catch him. They decided therefore that he could be nothing but a ghost. Those who know the Stoney's ability as a hunter are inclined to agree.

TO MOUNT ASSINIBOINE.—Another deservedly popular trip is to mount Assiniboine. This is the most famous peak in the park and the goal of all ambitious climbers. It may be reached by three different trails: by Spray valley and Assiniboine pass, by Healy creek and Simpson pass, or by way of Brewster creek and Assiniboine pass. In 1920 the Alpine Club of Canada held its first Walking Tour Camp at the base of mount Assiniboine and this has been made the permanent headquarters of the Walking Tour Camps.

Mount Assiniboine, 11,860 feet high, is the loftiest peak in the Banff park. From the top of Sulphur mountain on a clear day its beautiful pyramidal head may be seen towering shoulder high above

the surrounding peaks and losing itself in the clouds. It was named after the Assiniboine tribe of Indians by Dr. Dawson, the distinguished Canadian geologist, who first saw its glistening cone in 1883 from Copper mountain and White Man pass. (The name Assiniboine in Indian signifies "stone boiler" from the practice of the tribe of cooking by means of hot stones dropped into a vessel of water.) But it is less the actual altitude than the difficulty of ascent which has given it its reputation. Its similar figuration, the prevalence of sudden storms and the numerous defeats of



Riders Near Mount Assiniboine

those who sought to climb it have caused it to be known as the "Canadian Matterhorn." Happily it has no such black list of fatalities to its credit as the Swiss peak.

In 1893 Tom Wilson, the well-known mountain guide, visited the peak with R. L. Barrett. Two years later a party including Walter D. Wilcox, the American author, and other distinguished climbers, led by Barrett, made a circuit about the mountain and decided that it could not be climbed. In the three years 1899 to 1901, several parties accompanied by Swiss guides made the attempt only to be defeated.

At last on September 3, 1901, Rev., now Sir James Outram, Bart., an enthusiastic English climber, accompanied by two Swiss guides, made the top after six hours and twenty minutes very hard work. In his delightful book, "In the Heart of the Canadian Rockies," Sir James says: --

One at a time—the other two securely anchored—we crawled with the utmost caution to the actual highest point, and peeped over the edge of the huge, overhanging crest, down the sheer wall to a great, shining glacier 6,000 feet or more below.

The view on all sides was remarkable. Perched high upon our isolated pinnacle, fully 1,500 feet above the loftiest peak for many miles around, below us lay, unfolded, range after range of brown-grey mountains patched with snow and sometimes glacier-hung, intersected by deep chasms or broader wooded valleys. A dozen lakes were counted, nestling between the outlying ridges of our peak, which proudly stands upon the backbone of the Continent, and supplies the head-waters of three rivers—the Cross, the Simpson and the Spray.

Far away to the northwest beyond mount Ball and the Vermilion range, we could descry many an old friend among the mountains of the railway belt—mount Goodsir and the Otter-tails, mount Stephen and mount Temple, with the giants of the Divide, mounts Victoria, Lefroy, Hungabee, and a host of others, a noble group of striking points and glistening glaciers.

THE ASSINIBOINE GROUP. —Four great groups of mountains lie in the southern portion of the park accessible by way of the Spray valley which have been attracting attention during recent years. The first of these is the Assiniboine group, dominated by Mt. Assiniboine, but including such other fine peaks as Mt. Eon (10,860 feet), Mt. Aye (10,640 feet), Mt. Magog (10,050 feet), Mt. Sturdee (10,300 feet) and the Marshal (10,465 feet). The first ascent of Mt. Eon was made by Dr. Winthrop E. Stone, President of Purdue University, Indiana, with his wife, on July 17, 1921, an achievement which it will be remembered was followed a few moments after by the tragic misstep which resulted in Dr. Stone's death.

South of the Assiniboine group lies the British Military group as yet largely unexplored but also containing a number of splendid peaks, Mt. Sir Douglas (11,174 feet), Mt. French (10,610 feet), Mt. Robertson (10,400 feet), Mt. Smith-Dorrien (10,300 feet). From the heart of this group flows the great Haig glacier, reported to be one of the finest in the Rockies.

The British Royal group lies outside the confines of the Banff park although access to it is by way of the Spray valley to its headwaters thence following the Palliser valley. The group includes Mt. King George (11,226 feet), Mt. Queen Mary (10,600 feet), Mt. Prince Edward (10,590 feet), Mt. Prince Albert (10,530 feet), Mt. Princess Mary (10,090 feet), Mt. Prince Henry (10,560 feet) and Mt. Prince George (9,450 feet). J. J. Wall writing of these as seen from the north says in the *Canadian Alpine Journal*, 1921-22: "I have seldom been so impressed with a new and previously unpictured group of peaks as I was with this great, almost perpendicular wall six thousand feet high" The French Military group, in the southwest corner of the park, also contains some very fine glaciers. Mt. Joffre (11,316 feet), is the highest peak, with Mt. Foch (10,430 feet) and Mts. Sarraill and Petain (each 10,400 feet) next in order of magnitude.

TO SIMPSON PASS.—Another good trip is that to Simpson pass, along the historic trail followed by Sir George Simpson on his journey around the world in 1841. The route leads in a southwesterly direction past the Cave and Basin, along the Bow river to Healy creek and along the creek to the summit of the pass. The altitude of the pass is 6,914 feet, or 2,421 feet higher than Banff. It is a beautiful alpine tableland famous for its myriads of wild flowers. A souvenir of Sir George Simpson's famous journey was found here a few years ago by Mr. James Brewster, of Banff. This was the letters "G. S., 1841," carved on one of the trees in the vicinity of the pass. The letters were weather-worn but still plainly decipherable and a section of the tree containing them forms part of Mr. Brewster's interesting collection at Banff. This trip may be made in three or four days.

TO TWIN LAKES.—A short trip, which is deservedly popular, is to the Twin Lakes. These beautiful little mountain tarns lie hidden among the peaks which guard the Continental Divide, in twin rocky basins carved out by the action of prehistoric glaciers. The scenery is wild and beautiful and the fishing is all that can be desired. The trail branches off from the Castle-Vermilion motor road about one mile past the Castle bridge. The trip to the lakes can be made in one day from Banff by taking a motor to the beginning of the trail or three days for the round trip allowing one day for fishing.

THE RED DEER COUNTRY.—A longer trip which requires from three weeks to a month is that up the Cascade trail to the Panther and Red Deer rivers, returning via the Pipestone to Lake Louise. This is a delightful trip through one of the wildest and least-known parts of the park. An extension may be made to the beautiful Clearwater lakes at the northern limits of the park.



Hawk

CHAPTER 4

The Lake Louise District

"That still perfection from the world withdrawn."

LAKE LOUISE.—From Lake Louise station (5,051 feet) an extension road runs three miles up through the forest to the lake itself, more than 600 feet above. The road lies between tall pines, above which one catches glimpses of the noble heads of Temple and Lefroy, and, as one ascends, good views of the Bow valley and the peaks on its farther side. The air is cool and sweet with balsam and pine; paint-brush and fireweed dot the dark background with colour; a mad-hearted stream leaping from stone to stone in a wild rush to the valley adds the music of tumbling waters. Rounding a corner one catches a first glimpse of Victoria glacier and passing through the portico the full glory of the lake bursts into view. "I have travelled," says Sir James Outram in his charming book *In the Heart of the Canadian Rockies*, "in almost every country under heaven yet I have never seen so perfect a picture in the vast gallery of Nature's masterpieces As a gem of composition and colouring it is perhaps unrivalled anywhere. To those who have not seen it words fail to conjure up the glories of that 'haunted lake among the pine-clad mountains, forever smiling upward to the skies'."

It is indeed a canvas painted by Nature in one of her grandest moods. The lake is intense in colour but that colour is never the same for two minutes in succession. It sweeps the whole gamut of green, blue, amethyst and violet, undershot by marvellous tones of green and gold, constantly shifting and altering from moment to moment as if some magician were mixing his colours in its magic bowl.

The majesty of the picture is gained from the great sweep of the curve in front—a line that has been added by man—by the sheer wall of Fairview, the lofty snow-crowned head of Lefroy at the left and the darkly wooded slopes of St. Piran to the right. Between, rising apparently from the verge of the lake, but in reality four miles away, is the great bulk of Victoria with its huge benches of snow, some of them 200 feet deep. The mountain is so placed that for the greater part of the day it catches the full glory of the sun, neve and glacier standing out in a dazzling whiteness which is reflected in the blue lake below.



Lake Louise

"Its waters are distilled from peacock's tails and paved with mother-of-pearl and into them rush those wild blues that are only mixed in the heart of glaciers."

Lawrence Burpee, in his *Among the Canadian Alps*, says of lake Louise: "Year after year you may revisit lake Louise, and wander about its shores through all kinds of weather; you will never exhaust the variety of its charms. It changes from day to day, from hour to hour, from moment to moment. It responds instantly to every subtle change of cloud, wind or atmosphere; it has one glory of the sunshine and another of sunset; it offers you one picture under the brilliant noonday sun, another under heavy clouds, another through driving mists, or rain or snow; but always incomparably beautiful, and always indescribable."

Connoisseurs in beauty place lake Louise among the seven most perfect landscapes in the world, but when such a height of excellence is reached comparison becomes valueless. The true lover of beauty finds something to admire in almost every landscape but sometimes nature does the thing so perfectly and on so grand a scale that even the dullest have to "pause and look and wonder," feeling dimly that Being interfused, "Beauty itself among beautiful things," which lies at the heart of the world. She has done this at Lake Louise. It has that pre-eminent quality which places it forever among the shrines of the earth.

Lake Louise is about a mile and a quarter long and less than half a mile wide. It was originally called the "Lake of the Little Fishes," a name given to it by the Indians with a singular lack of imagination, although the lake literally swarmed with trout. It was discovered in 1882 by Tom Wilson, of Banff, who called it Emerald lake but in 1884 it was named lake Louise in honour of the Royal Princess, wife of the Marquis of Lorne, then Governor General of Canada. The story goes that Wilson who was in camp near Laggan, heard one day the sound of an avalanche. Some Stoney Indians camped near by told him the sound was thunder from the big snow mountain above the lake of Little Fishes. The next day, accompanied by one of the Indians, Tom visited the lake and the wonder of the scene left him breathless. The Indian told him there were other lakes higher up on one of the mountains, one called "The Goat's Looking Glass," because the mountain goat went there to comb their beards. Among the first visitors to Lake Louise was Mr. Walter D. Wilcox, whose book *The Canadian Rockies*, has done so much to popularize the district. For several years a primitive chalet housed the few guests who visited it, but as the fame of its beauty spread the accommodations were extended, culminating in the erection of the present magnificent Chateau with its 385 rooms. The lake lies in what is known as a "hanging" valley, the bed, ages ago, of a glacier which flowed down into the more deepened valley of the Bow. The basin is of great depth, soundings which have been taken reaching nearly 250 feet. A thick layer of ancient moraine obstructs the valley's outlet, through which a little creek cuts its way. The temperature of the water is extremely cold, reaching only about 20 degrees above freezing point even in the height of summer. The intense colour of the lake is said to be due to its depth and to the presence of minute particles of rock dust carried down from the glacier. In early summer the water is a clear robin's egg blue, but in August and September it takes on wonderful tones of mingled green and blue suggesting the wing of a dragon fly. The character of the enclosing walls also deepens the colour.

The peaks encircling lake Louise from left to right are: Saddle-back (7,993 feet), Fairview (9,011 feet), Sheol (9,118 feet), Aberdeen

(10,350 feet), Lefroy (11,230 feet), Victoria (11,365 feet), Whyte (9,776 feet), Big Beehive (7,440 feet), Niblock (9,764 feet), St. Piran (8,691 feet), Little Beehive (7,100 feet).

Boating, tennis, riding, swimming and climbing fill in the time at Lake Louise. The days are warm and sunny but even in August the nights are cool enough to make log fires very grateful. About these the guests gather in the evening comparing experiences and relating the adventures of the day.

There is accommodation to be found at lake Louise to suit all tastes. In addition to the great C.P.R. hotel, "Chateau Lake Louise," one of the most beautiful and luxurious on the continent, there are a number of smaller chalets, bungalows and tea-houses where comfortable but less expensive provision for tourists can be obtained. A list of these may be obtained from the Park Superintendent at Banff.

THE LAKES IN THE CLOUDS.—Rising to the right of the lake is a quaintly shaped peak appropriately called "The Beehive." Looking up from the lake one sees a bit of red fluttering from the summit. It is the flag on the top of the little shelter, perched like an eagle's nest nearly 1,500 feet above. A good trail leads to the summit and for those who are incapable of making the climb on foot, sedate mountain ponies are waiting to carry even the most inexperienced safely to the top. This is a favourite afternoon's excursion with delicious tea and cakes served above the clouds at the end of it, but to the more energetic it is recommended as one of the finest spots in the park from which to see the sun rise. On the way are passed Mirror lake (6,665 feet) and lake Agnes (6,885 feet). These little lakes are



*Lake Agnes.—Mt. Niblock
One of the Lakes in the Clouds*

among the best examples of cirque lakes in the mountains and lie actually "above the clouds."

VIEW FROM THE LITTLE BEEHIVE.—The view from this point is beyond description. Says Mr. Wilcox: "I have never seen this glorious ensemble of forests, lakes and snowfields surpassed in an experience on the summits of more than forty peaks and the middle slopes of as many more in the Canadian Rockies." Strange as it may seem it is only from an eminence that one gains a true appreciation of the magnitude of the mountains and from this height the massive peaks of Fairview, Sheol, Aberdeen and Lefroy opposite enlarge and spread themselves to titanic proportions. Behind rise other giants, huge in outline and crowned with tremendous caps of eternal snow. Beyond lies the broad U-shaped floor of the Bow valley visible from Mount Hector to Castle station for over 30 miles, with the river, a mere twisted thread of silver, embroidering its green. Below, down the shattered cliffs of the Beehive, is little Mirror lake, and nearly 1,000 feet farther down, lake Louise a slender sapphire on the floor of the valley, with the Chateau set like a pretty toy at its end. It is a sight almost overpowering in its immensity and beauty and once seen it remains enshrined in the memory forever.

From Mirror lake a trail of about half a mile also follows round the face of the Beehive to Lookout point, or one may take another little trail from lake Agnes to the summit of the Beehive or mount St. Piran. From Lookout point there is also a trail of about one mile and a quarter along the mountainside which joins the lower Glacier trail on the right side of the lake.

A delightful trip of two days may be made by taking a pony from lake Louise five miles around the shoulder of Mt. Temple to Mt. Temple Lodge, where lunch may be obtained if desired, and then go north across the railway and through rich meadows to Ptarmigan Lake, and over Deception Pass, with its magnificent panorama of peaks and valleys to Skoki valley, a favourite ski-ing point in winter. Overnight accommodation for riders or fishermen may be obtained here but should be reserved in advance.

CLIMBS AT LAKE LOUISE.—Two good climbs that may be made at lake Louise without a guide are to the top of mount Fairview and Saddle mountain, the two peaks that guard the left side of the lake. A good trail leads to the summit of each and both afford superb views, the former of the Bow valley and Bow range, the latter of Paradise valley, mount Temple and the fine group of peaks converging at the head of Paradise valley and the valley of the Ten Peaks. Each of these trips requires a good half-day.

For the experienced alpinist there are at least a score of peaks in the immediate neighbourhood of first-class importance and interest.

Victoria, Lefroy, Hungabee, Temple, Pinnacle, Deltaform are all fine climbs, representing practically every form of rock, ice and snow work, and there are many others of equal interest. Full particulars as to routes and distances may be obtained from the Swiss guides who are stationed at the Chateau during the summer.

MORaine LAKE AND THE VALLEY OF THE PEAKS.—One of the most delightful short drives in the park is that to Moraine lake, nine miles from lake Louise. The return trip can be made by motor tally-ho in three hours, though it is worth devoting a day at least to this enchanting region. There is a tiny chalet at the lake where luncheon or afternoon tea may be obtained as well as limited sleeping accommodation.



Moraine Lake—Valley of the Ten Peaks

This is an excellent centre from which to explore the rich surrounding district but as the list of applicants often exceeds the accommodation, it is well to make reservations in advance.

Leaving Lake Louise Chateau the road winds through the forest on a high shelf above the Bow valley, affording fine views of Saddle mountain to the right and the Bow range, mount Hector and the wide Bow valley to the left. Soon the massive outlines of mount Temple come into view and a little farther on the trail to Paradise valley is

seen branching off to the right. Skirting the base of Temple the road swings round to the right and the tremendous semi-circle of the Ten Peaks is seen closing the head of the valley. A mile or two more brings one to the lake itself.

The combined beauty and majesty of this landscape cannot be put into words. In front lies the lake, exquisitely tinted in colour, its crystalline waters sometimes so still that they reflect every twig above its surface, or shattered into a million facets of light by some passing catspaw of breeze. Across its mingled sapphires and emeralds fall wide diagonal bands of shadow cast by the encircling peaks, shot through by the white gleam of reflected glaciers. The right shore is low with long swamp grass and willows and bright with flowers. The lower end is obstructed by a thick band of morainal deposit left by the ancient glacier which once filled the bed of the lake. To the left, rising abruptly from the water and sweeping round the head of the lake as far as Paradise valley, is a tremendous semi-circle of rugged peaks with the Tower of Babel standing as a sort of outpost at their head. The Ten Peaks were originally named after the ten numerals of the Stoney language, but several among them now bear English names. Numbered from east to west the first is Mt. Fay (10,622 feet), the second, Mt. Little (10,303 feet); Nos. 3, 4, 5 and 6 are not named; No. 7 is Mt. Tuzo (10,658 feet); No. 8, Mt. Deltaform (11,235 feet), the highest of the ten, owes its name to the resemblance to the Greek letter Δ . No. 9 is Mt. Nep-tuak (10,617 feet); No. 10, Mt. Wenkchemna (10,401 feet). Between 9 and 10 is the Wankchemna pass, the route to Prospector valley, Tokumn creek and Vermilion river. Projecting down into the valley is the tongue of Wenkchemna glacier, one of the five principal glaciers of the park.

The total impression at Moraine lake is one of extreme wildness and loneliness. With the exception of the little chalet there is no mark of man. The landscape retains the same primitive



The Giant Stairway in Paradise Valley

and original beauty which it has worn for 10,000 years. Here through dateless centuries, the immense forces of nature have waged war against the savage strength of the peaks but though scarred the mountains are still unconquered. Tempest and thunderbolt have shattered and splintered their summits as if by a cyclopean hammer, avalanches have raked wide swaths through the upstruggling forest, and the glaciers have deeply scarred their ancient flanks, but they still lift their lofty foreheads 6,000 feet from the valley into the serene light of heaven, like "a council of eternal and immovable chieftains" seated under the blue tepee of the sky. Mr. W. D. Wilcox, with Tom Wilson as guide and Ross Peacock as cook, visited the lake in 1897 and gave it its name. In 1900 Wilson cut a trail from the lake to Lake Louise, and in that year he took Miss Agnes Laut, the well-known writer, and Mrs. Matthews of Banff, to the spot. They were the first white women to visit the lake.

CONSOLATION VALLEY.—Opening out to the southeast, hanging above the valley of the Ten Peaks to the left of mount Babel, is Consolation valley, another beautiful little valley which is well worth a visit. A trail north of the Tower of Babel leads to it from Moraine Chalet. Great avalanches have heaped up huge piles of rocky debris at its sides but the floor of the valley is green and smiling, with an abundance of alpine flowers. The glacial stream which drains it widens out midway into twin blue lakes noted for their fishing. At the head of the valley are the fine glacier hung peaks, mount Quadra (10,420 feet), mount Bident (10,119 feet), and mount Fay (10,622 feet).

PARADISE VALLEY.—Paradise valley, one of the loveliest valleys in the park, lies parallel to the valley of the Ten Peaks between mount Temple and the Saddleback and thus nearer lake Louise. It may be reached by a trail branching off from the Moraine lake motor road, or by the excellent trail which leads around the east side of lake Louise over the Saddleback. Another more difficult trail crosses Victoria glacier and passing between mount Lefroy and a quaintly shaped peak known as the Mitre (9,480 feet), skirts the Horseshoe glacier and so down to the valley.

The valley was discovered in 1894 by a small group of alpinists who, with Lake Louise Chalet as a base, were doing exploration work in the surrounding region. Among these was Mr. Walter D. Wilcox, who gives an interesting account of the incident in his *Canadian Rockies*. After several hours' trying experience on the Lefroy glacier, during which they had endured every kind of hardship and discouragement known to the mountaineer, they reached the summit of the pass, 8,500 feet above sea level, and this enchanting landscape was suddenly revealed. "A most beautiful valley," says Mr. Wilcox, "lay far below us. Throughout a broad expanse of meadows and open country many streams were to be seen winding, clearly traceable to their various

sources in glaciers, springs and melting snowdrifts This beautiful scene opened before us so suddenly that for a time the cliffs echoed to our exclamations of pleasure, while those who had recently been most depressed in spirit were now most vehement in expressions of delight." The name Paradise valley seemed the fitting expression of their feelings and it was so christened at once.

The valley is broad and U-shaped, about six miles long, carpeted throughout with flowers. Scattered groves of spruce and the beautiful Lyall's larch add to its park-like appearance. On the northwest the lofty sides of The Saddle (7,993 feet), and the black cliffs of mount Sheol (9,108 feet), a mile above the valley, rise up like a citadel wall. On the southeast is the great bulk of mount Temple with its wonderful glittering cone. To the south is Pinnacle mountain, its summit carved into numerous spires and pinnacles as exquisitely slender as those found on the roofs of a Gothic Cathedral. Sweeping across the head of the valley at the base of mount Ringrose and between Hungabee (11,457 feet), and Lefroy (11,230 feet), is the great Horseshoe glacier. To the west is the Mitre, shaped like a bishop's hat. Through the green floor of the valley run crystal streams, born of the virgin glacier, seemingly "begotten for music and joy" which unite to form Wastach brook. Half-way down the valley the stream tumbles in a beautiful cascade over a series of steps in the underlying strata, forming a natural stairway which is known as the Giant's Steps. At the base of mount Temple, like a blue flower dropped from the battlements of heaven, lies little lake Annette, a sheer mile from the lofty summit above. Myriads of wide-eyed anemones and purple asters spangle the meadows and add to the beauty of the picture while a stray chickadee flits among the spruces trilling his cheerful little song. The whole expression is one of unsullied beauty and innocence, "like to the valley, which on the finest day of the happiest springtide of the universe, received the first man."

VICTORIA GLACIER AND ABBOT PASS.—A good trail skirting the right side of the lake leads to Victoria glacier. Leaving the trail, a scramble of about a mile over thick moraine, brings one to the glacier's snout, a small ice cave from which a little stream drips to the lake. The glacier itself begins at Abbott pass at the crest of the Divide, flows due north for a mile between mounts Victoria and Lefroy, then turns sharply to the northeast and flows two miles to lake Louise valley between mounts Aberdeen and Whyte. Its greatest width is half a mile. The height of the enclosing walls gives the expanse of ice and fallen debris an impression of extreme desolation. Several times an hour avalanches, which from the Chateau look like white exploding puffballs but which are in reality masses of ice often as large as apartment blocks weighing thousands of tons, break off from the overhanging cliffs and shatter themselves on the glacier's back. From the frequency of these avalanches the pass between Victoria and Lefroy

is known as the "Death Trap" though it can safely be traversed during the early part of the day before thawing begins.

Abbot pass (9,588 feet) was named after Philip Stanley Abbot, a distinguished member of the Appalachian Mountain Club, Boston, the victim of the fatal mountaineering accident on mount Lefroy in 1896. This is the gateway to Cataract valley, a region which Sir James Outram declared "absolutely unapproached in interest, variety and charm on the continent of North America yet within the capacity of the ordinary walker."

TO CATARACT VALLEY AND LAKE O'HARA.—This is one of the most delightful trips which can be taken from lake Louise. While it can be done in less time it is well to allow three days, so as to permit of a



-- Lake O'Hara

*"Apparelled in celestial light
The glory and the freshness of a dream."*

whole day at the lake. The trail leads from the Chateau over Victoria glacier and Abbot pass to tiny lake Oesa, a little tarn which is frozen over eleven months of the year. From this lake Cataract brook drops down through an enchanting fairyland, tumbling as last in an exquisite lacy fall into lake O'Hara. There is a tea house on the plain of the six glaciers.

LAKE O'HARA.—Although this little lake is only about three-quarters of a mile long and half a mile wide it is one of the most perfect gems in the Rockies and has been declared by John S. Sargent, the famous artist, to be superior to lake Louise both in colour and setting. The waters are of a remarkable blue colour, so intense and yet so transparent as to suggest nothing but jewels while the curiously shaped pinnacles of the Wiwaxy peaks and mount Schaeffer form a superb background.

LAKE MCARTHUR.—Two miles south of lake O'Hara, between mounts Biddle and Schaeffer, is lake McArthur, named in honour of J. J. McArthur, one of the Government surveyors, who has done wonderful pioneer work in Canadian mountaineering. The desolation

and barrenness of this lake present a marked contrast to the enchanting scenery of lake O'Hara. It is almost entirely surrounded by bare rocky walls, down which a white glacier creeps to thrust its icy hand into the cold blue waters frozen for a great part of the year. There is no visible outlet but a swirling motion at one place on the surface indicates the existence of a subterranean channel along which the waters drain.

The return trip can be made either to lake Louise or to Hector following Cataract brook to Wapta lake.

PIPESTONE TRAIL. —

Lake Louise is the starting point for the north as the great trench valleys running parallel to the ranges permit of an almost straight route. There are two main passes, the Bow (6,878 feet) and Pipestone (8,036 feet). Pipestone pass is reached by way of the Pipestone river

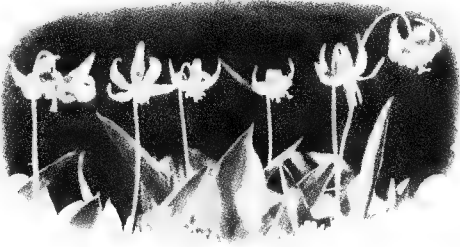


Lake O'Hara from Abbot Pass

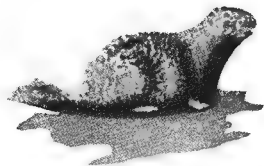
and, from the summit, trails lead down the Siffleur river to the main Saskatchewan and the Kootenay plains, the latter in the early days the meeting place for the exchange of furs between the Indian trapper and Hudson Bay agent. This trail also gives access to several high mountains including mount Molar, a peculiar toothshaped mountain (9,924 feet), to Cataract peak (9,454 feet), a shoulder of a higher glacier-hung peak which rises to 10,935 feet, as well as to the Clearwater and Fish lakes, both good fishing grounds. These passes lie on the northern limit of the Banff park as does also the Clearwater river, which rises a few miles east of Pipestone pass, and marks the boundary for the rest of the distance.

BOW LAKE.—At an altitude of 6,500 feet, and a short distance from the height of land, lies Bow lake, the source of the Bow river, which flows down through the park to become the main source of the South Saskatchewan and so into Hudson bay. The lake is about three miles long, its glacier green waters gleaming against the lofty cliffs

that bound the Waputik snowfield from which myriads of glacier tongues project towards the valley. At the head of the lake is the Bow glacier, broken into innumerable seracs, the ice cold waters descending through a steep and narrow canyon to the lake.



Snow Lilies



Marmot

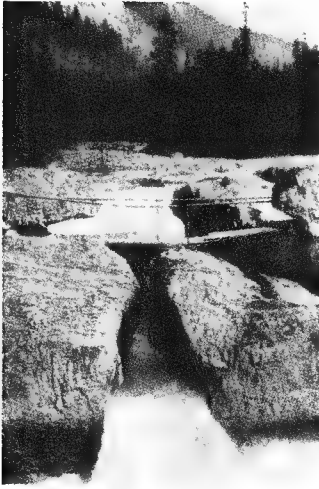
CHAPTER 5

Kootenay National Park

From the time of the earliest occupation of Canada up to sixty years ago the Rocky Mountains thrust an almost impenetrable barrier between the Canadian plains and the Pacific ocean. On the east the tide of exploration and settlement had flowed to their feet; on the west the discoveries of Cook and Vancouver had led to the building up of a prosperous colony; but the only way across the mountains was by a long and hazardous journey over arduous mountain trails or down treacherous mountain rivers.

The project of a military road suitable for wagons had long been under consideration by the British Government and in 1867 an expedition under Capt. Palliser was sent out to explore feasible routes. To Dr. Jas. (later Sir James) Hector was assigned the investigation of the central region approached from the Bow valley. Travelling west up the Bow as far as Mt. Eisenhower, he turned south in search of a pass of which he had been told by the Indians, descending the west slope by way of the Vermilion river as far as its junction with the Kootenay. It was a route, he noted, which presented few engineering difficulties and in his report later to the British Government he recommended it highly as a possible route for the road. The project of a military road, however, appears to have been dropped and when, a quarter of a century later, the Canadian Pacific Railway undertook the construction of its steel highway, the route chosen was over the difficult Kicking Horse Pass, discovered by Hector on his return route to the plains.

Coincident with the establishment of the National Parks Branch in 1911 came the demand from motorists for access to the Banff park from both the east and the west, and the route finally chosen was that



The Natural Bridge

across the broad and easy Vermilion pass. The eastern half of the road lay in Banff park as far as the Great Divide but the western end ran for sixty miles through virgin mountain wilderness broken only by a few Indian trails. To preserve its beauty and maintain national park conditions throughout, an area of five miles on each side of the road from the Divide to Sinclair was set aside by the province of British Columbia and named Kootenay National Park, after the Kootenay tribe of Indians who had long made their home near the western end of the road.

From Mt. Eisenhower the road climbs by easy and sweeping curves to the pass. In a distance of six and a half miles an ascent of 700 feet is made but the gradients are so easy

that the climb can be made without changing gear. Over 22 miles of survey were made before the final location of this section was decided upon. The actual highest point on the road (5,660 feet) is about three miles east of the pass where the road rises to secure a better location. Near the summit is "Mt. Eisenhower Bungalow Camp," maintained by the Canadian Pacific Railway Company. From this point a wide and impressive view of the peaks is obtained, with gloomy Storm mountain as the chief feature in the landscape. Crossing the pass at 5,416 feet, the road gradually descends, passing beautiful ice-hung peaks to the left, and in about four miles reaches Marble canyon.

MARBLE CANYON.—This interesting spot lies over a few hundred yards from the motor road and it will well repay the examination of every visitor. Marble canyon is one of the most beautiful canyons in the park, its walls formed by grey limestone through which run strata of white and greyish marble that have given the canyon its name. The sheer and narrow walls have been eaten down for over two hundred feet by the waters of Tokumn creek which drains Prospector valley and in some places the stream boils so far below as to be almost hidden. Part way up a beautiful flying arch of natural rock bridges the narrow chasm and the imagination falters trying to compute the ages that have elapsed during which the stream has eaten its way from this height down to its present bed below. At the upper end there is a fine fall of from 60 to 70 feet.

At Marble canyon also there is a charming bungalow rest camp where meals and tented sleeping accommodation may be obtained.

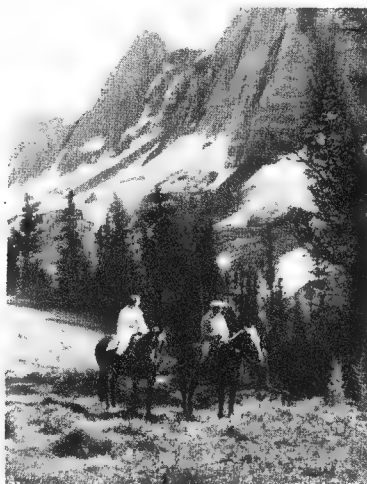
From Marble canyon a trail of two miles leads to the "Paint Pot," discovered by the Indians, who roasted the ochre to obtain the precious vermilion paint with which they decorated their faces for religious ceremonies.

About ten miles farther a trail leads from the highway to Floe lake, one of the few "berg" lakes in the Rockies, which derives its name from the small blocks of ice which break off continually from Floe glacier and float about like miniature icebergs.

Six miles further the road crosses the Vermilion by a bridge built on piers of natural rock and reaches Vermilion crossing, where a bungalow camp, service station, store and public camp ground will be found.

Still following the Vermilion, at Mile 51 the road comes to a lookout from which the glittering peak of Mt. Assiniboine, the so-called "Matterhorn of the Rockies," can be seen to the southeast. In three more miles the Simpson river joins the Vermilion, flowing down from Simpson pass. This was the route followed by the intrepid Sir James Simpson, Governor of the Hudson's Bay Company, on his famous journey around the world in 1841. A stone cairn by the roadside commemorates his achievement.

From Simpson crossing to Sinclair canyon the road winds through a changing panorama of mountain grandeur, sometimes passing for miles through the green shade of pine forests then emerging to climb again along the ledges of the valley with extensive views of great peaks on either side. The road is one of the most successful pieces of engineering on the continent, so well constructed that fear is practically eliminated and so well located that every mile presents a new charm. Eighty-four miles from Banff the summit of the Kootenay range is crossed and a little to the west the motorist passes lake Olive, which contains small but very edible Dolly Varden, cutthroat and rainbow trout. Dropping down again by wide hairpin curves it enters the narrow valley of the Sinclair, the mountains folding together until the road has scarcely room for its feet. Passing between the Iron Gates, impressive towers of red rock on each side of the valley, Radium



On the Trail to Floe Lake

Hot Springs are reached. Here a plunge in the hot sulphur water removes the dust and fatigue of the journey. Just beyond the Hot Springs is the western gateway to Kootenay park where travellers are asked to register and where if they desire they may make use of a delightful little rest room.



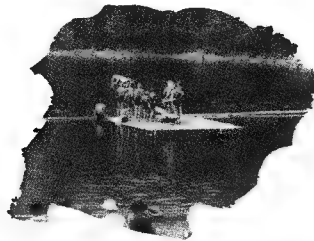
Sinclair Canyon

Here too there is another Canadian Pacific Railway rest camp and a small hotel and garage maintained under private management.

A few hundred yards beyond, Sinclair creek carves its way through a magnificent canyon which forms Nature's impressive western portal to this incomparable highway. Here the road leads out to the wide and beautiful valley of the Columbia, joining the old Columbia river road which may be followed north to Golden, B.C., or south to

Kingsgate, where connection is made with U.S. roads.

From Fernie or Cranbrook the motorist may also turn east via the Crowsnest pass to Macleod or Lethbridge, Alta., visiting Waterton Lakes Park on the way.





CHAPTER 6

Yoho Park

At the Great Divide, the summit of the Kicking Horse pass (5,339 feet), the traveller passes from Alberta to British Columbia and from Banff National Park to Yoho Park. The steep descent of the western slope was formerly made by the railway in a series of thrilling curves from which, if the traveller had sufficient nerve left to look about him, he caught glimpses of some of the most dramatic scenery in the world. The construction of the corkscrew tunnels has deprived him of some of the former thrills but fortunately most of the scenery is still visible. The old roadbed has become part of the highway from Lake Louise to Field and the modern motorist may now glide easily down the steep ascent where formerly four powerful engines were needed to pull the trains to the top. The panorama is superb, affording a glimpse of the blue gorge of the Yoho valley to the right, with the great icefields at its head, which must awaken a desire to explore a region which is one of the most magnificent in the Rockies.

The little town of Field is the headquarters of Yoho Park. From it radiate roads and trails to numerous beautiful spots. All of these are worth a visit but no traveller to the mountains should miss the Yoho valley. If the visitor has only one day to spend it is possible by leaving Lake Louise on the early morning train to take the trip up the valley, returning to Emerald Lake Chalet for the night and going on by train the next morning. While the tourist who follows this plan will congratulate himself that he has not missed such a delightful experience he is also sure to regret that he had not several days more at his disposal to do justice to the many charms of this unique district.

At present the chief accommodation in Yoho Park is the Emerald Lake Chalet, a charming mountain chalet surrounded by bungalows

capable of accommodating one hundred and fifty guests, the Bungalow camps in Yoho valley and at Wapta, and a small lodge at Lake O'Hara, all maintained by the Canadian Pacific Railway and each providing excellent accommodation of its kind.

YOH0 VALLEY

"A giant valley

Asleep and vast and still and far away."

"Yoho"—an Indian exclamation of wonder and delight—is the fit appellation of Yoho valley. "Wonderful" is the inevitable exclamation which rises to the lips of every traveller who gazes on its grandeur. Since the first trail was cut out by Tom Wilson, in 1884, this valley has elicited from all travellers enthusiastic expressions of delight. "I am not afraid," said the late R. E. Verne, the well-known author, "of exaggerating the beauties of the Yoho. This valley of enormous trees spiring up from unseen gorges to well nigh unseen heights; of cataracts that fall in foam a thousand feet; of massed innumerable glaciers; this valley into which it seems you could drop all Switzerland and still look down, is not easily overpraised. The difficulty is to praise it adequately."

Seen from the Kicking Horse pass the Yoho is only a narrow cleft between deep wooded walls stretching north to the gleaming whiteness of the Yoho glacier. Who could believe that little strip of blue haze concealed so many wonders!

Yet that narrow opening represents a valley 14 miles long and more than a mile deep, walled in by almost perpendicular mountains hung with primeval forest and crowned by enormous snow-fields which creep down from the peaks in slow moving rivers of ice or fall in tremendous cataracts of spray.

THE BURGESS TRAIL.—From Field there are two ways of reaching the valley. One may either take the motor road along the floor of the valley or the "sky-line trail" for ponies starting from a point directly opposite the town, over Burgess pass (7,160 feet). The upper trail affords a tremendous, breathtaking panorama, a chaotic sea of peaks crested with the white



Switchback, Yoho Valley Drive

form of glaciers stretching away as far as the eye can see. The deep abyss is below, the enormous concave of heaven, immeasurably filled with light, above and through all this immensity one passes, a moving speck in a universe suddenly enlarged beyond all comprehension.

YOHO VALLEY DRIVE.—The valley road winds through a series of pictures which seem trying to surpass each other in beauty and grandeur. Crossing the bridge from Field the road finds a narrow footing between the swirling waters of the Kicking Horse and the base of mount Burgess. Directly ahead are mounts Stephen and Cathedral Crags, towering up against a sky of cobalt. Their great masses close in as if they would shut out the very sky. The sheer tremendousness of the scenery would be overpowering were it not relieved by the great beauty of the vegetation. The lower forest-clad slopes appear to be covered with velvet and along the roadway grow innumerable shrubs and flowers. To the right roars the Kicking Horse in a succession of mad rushes from rock to rock, at one place tumbling down in a series of



Takakkaw Falls, Yoho Valley
"The wild cataract leaps in glory."

steps like the keyboards of an organ. Turning sharply to the left one sees the "meeting of the waters" where the Yoho joins the Kicking Horse in a beautiful cascade. Each moment the scenery grows wilder and more impressive. One seems to be getting into the very heart of nature. Time has left no impress in these solitudes. It is only within half a century that they have echoed to the voice of man. The silence of the countless centuries still hangs over them like a palpable thing. The traveller feels like an intruder, as if at his coming unseen presences had just withdrawn.

Six miles from Field is reached what is called the "Switchback," the most thrilling spot in the drive. The road zigzags up the face of the mountain in a series of sharp turns like the letter Z. The Yoho tumbles far below; the cliffs rise sheer above. The turns require skilful driving either for motor or tally-ho but mountain drivers know their business and there is no fear of accident.

THE TAKAKKAW FALLS.—A few miles farther on a dramatic turn in the road suddenly reveals the Takakkaw, a shining wonder of a waterfall apparently poured out from the very heavens like a libation to the unseen gods of the hills.

Born in the great neve between mount Niles and mount Balfour, 2,500 feet above, the ice-cold torrent twists down a narrow chasm till it gains the edge of the precipice where it takes an initial leap of 150 feet and there gathering itself together falls in a glorious curtain of milky green waters and lacy streamers of spray, 1,000 feet down the face of the cliff, to tumble in a final beautiful cascade of 500 feet into the Yoho river.

LAUGHING AND TWIN FALLS.—When the visitor has drunk his fill of the beauty of the falls he may turn to the valley behind him where



Twin Falls, Yoho Valley

the cosy bungalows of Yoho camp issue an invitation to linger and rest. Here a delicious dinner, which tastes doubly delicious to appetites sharpened by the mountain air, is waiting. From Yoho camp one may take pony and push on either by a low trail following the floor of the valley or by a high trail along the left side, both of which give access to the beautiful Twin falls, and the Yoho glacier. This is an ice world full of intense interest to the scientist or climber, with half a dozen great glaciers and thirty square miles of snowfields in the immediate neighborhood, and one is loath to leave it behind. Returning to the camp the trail may be taken over the mountains to Emerald lake, a distance of 6 miles, or the road may be followed to Field.

EMERALD LAKE AND DRIVE

SNOWPEAK AVENUE.—The seven mile drive from Field to Emerald lake is worth taking for its own sake. A primeval forest, almost impenetrable with its tangle of fallen tree trunks, is all about through which now and then one catches the gleam of a white peak. About two miles from Field there is a lovely bit of road known as Snowpeak avenue. The road lies between two tall lines of pines which stand straight at either side but do not overarch so that the intense blue of the sky shows between. At either end of the vista whether going or coming there is a beautiful snowpeak—Emerald peak on the outward journey and Mt. Goodsir (11,676 feet) on the return. The restfulness of this road through the scents and silence of the forest is its chief charm. Other drives may be more spectacular but few will be remembered with so much pleasure.



Emerald Lake, Yoho Park

"Green as an emerald in a jade green ring of forest"

A diversion of about two miles may be made either going or returning so as to include the Natural bridge.

EMERALD LAKE.—Emerald lake, which was first visited by Tom Wilson in 1882 while searching for stray pack horses, owes its beauty to the peculiar colour of its waters and the charm of its thickly wooded shores. At Moraine lake and lake Louise one shore at least is formed of bare and rugged rock, but Emerald lake lies in a jade green forest which completely clothes all its shores. Its waters are of a prevailing

emerald in colour. In their crystalline depths it is said one may count twenty shades of green at one time but never one of blue. Mount Burgess (8,473 feet) lifts its rugged peak like an enormous tower at the right and the great bulk of mount Wapta (9,116 feet) rises far above timber line in front but the lower slopes are green and velvety in the hottest summer, lending the spot an air of sylvan loveliness. Far away to the left one catches a glimpse of the President glacier and the interesting group of peaks to the west of the Yoho valley. High among the trees are the charming chalet and bungalow camp maintained by the Canadian Pacific Railway. The homelike atmosphere and excellent cuisine make this a favourite resting place in the mountains. One may pass days here absorbing the silence and beauty of the region, exploring the shores of the lake in a little boat or fishing the best pools for gamey trout. Trails lead to mounts Burgess and Wapta, both of which make excellent climbs—the latter affording a wonderful view of the Yoho valley—or around the left side of the lake and over the Yoho pass to the Takakkaw falls. In the neighbouring woods there are numbers of wild flowers including some of the loveliest orchids in the mountains. An alternate trail on the right, is by way of mount Burgess to Burgess pass, where it joins the high trail from Field.

KICKING HORSE RIVER AND NATURAL BRIDGE.—The Kicking Horse river, though it derives its name from an accident which Sir James Hector, the discoverer of the pass, sustained through a kick from his horse, aptly deserves the appellation. It is a wild broncho of a river, constantly throwing its rider in the shape of banks and bridges. Its tossing mane is yellow with sediment carried down from the heights, which accumulates in such masses that the river is continually changing its course. About two and a half miles west of Field it reaches what is known as the Natural bridge, a rocky barrier which projects across the whole bed of the stream. Brought up against this sudden check, the river rears its head as if to look about it and, discovering a narrow opening in the barrier, it flings the whole force of its volume through the contracted orifice with a great lashing of waters and upthrown clouds of spray. It seems probable that the river once flowed over this rocky barrier, but some few thousand years ago it may have dropped below its level, finding some natural crack in the strata which has widened into the present opening. A little farther down, the river enters a narrow canyon where it tears its way through a series of fine cascades.

At Field we may climb mount Stephen (which derives its name from Lord Mount Stephen, one of the first directors of the Canadian Pacific Railway, and which bears the reputation of being the most

climbed peak in the Rockies), explore the great fossil bed, 150 feet thick—ossuary of millions of trilobites which once swarmed in a vanished sea—2,200 feet up on its north side, or climb up to the summit of its curious sugar-loaf head.

From Wapta, an 11-mile trail may be taken to lovely lakes

O'Hara and McArthur and a visit made to lake Oesa and the upper valley of Cataract brook. Returning to Field the wide valley of the Ottertail with its glorious views of the Van Horne range invites, or if one is scientifically minded he may go on to Leancoil and explore the interesting region of the Ice River valley, the only igneous outcrop in the park, where the blue sodalite, somewhat resembling lapis lazuli, is found. This is a beautiful but little known section guarded by three fine peaks, mount Vaux (10,881 feet), Chancellor peak (10,761 feet) and mount Goodsir (11,686 feet), the last-named the highest peak in Yoho park.



*Valley of the Kicking Horse, Yoho Park
"Where the quiet coloured end of evening
smiles, Miles and miles."*

The park is linked with the outside world on both the east and the west, by railway and through motor highway, while trails connect Field with Jasper park on the north and Kootenay park on the south.

The motor highway from its east gate—the Kicking Horse pass—to Golden, B.C., offers one of the most thrilling drives in the mountains, as well as a circle route returning via the Banff-Windermere highway of over 300 miles. From Field to the western boundary of Yoho park the highway runs along the wide valley of the Kicking Horse river, following easy grades and seldom rising far above the valley. Near Leancoil a trail leads off to the beautiful Wapta falls, mentioned by Sir James Hector and near which occurred the accident in which he was severely injured by his horse and to which the river owes its name. A mile or so west of the boundary of Yoho park the road enters its most spectacular section—the famous Kicking Horse canyon. The narrowness of the defile forced the highway to take a route high up on the side walls of the canyon—a location more difficult from the engineering point of view but which affords the motorist magnificent views of the western Rockies and the snow-capped Selkirks beyond.

Descending at Golden to the valley again, the route now turns southward towards the headwaters of the great Columbia, along a wide valley with the Rockies on the left hand, the Selkirks, across the valley, on the right. At Firlands, 67 miles from Golden, the road connects with the Banff-Windermere highway, just emerging through its spectacular western portal—Sinclair canyon—and return may be made thence to Banff. The southbound traveller, however, may follow the Columbia valley directly south to the International Boundary at Kingsgate, B.C., from which point connections can be made to Spokane, Seattle, Vancouver and Victoria, Portland, San Francisco and Southern California. Leading north from Golden, about the Big Bend of the Columbia to Revelstoke, is the recently constructed link of the Trans-Canada Highway, known as the Big Bend road—a remarkable drive of approximately 193 miles.

*Lynx*



Birds in Flight

CHAPTER 7

The Big Bend Highway

For many years the rugged barrier of the Selkirk mountains blocked the completion of a transmontane road from Calgary to Vancouver. On the east the Kicking Horse trail brought the motorist as far as Golden, B.C. On the west provincial roads led to Revelstoke. Between lay the Selkirks. The section of the C.P.R. across them had proved one of the most expensive and difficult both to construct and maintain. The excessive snowfall in winter, sometimes reaching 50 feet, gave rise to terrible avalanches, a problem which was finally overcome by the railway through the construction of its great tunnel near Glacier. These difficulties, combined with the fact that a route following the railway could be open for travel for only three months in the year finally led to the decision to build a road following the Columbia river in its great loop about the Selkirks from Golden to Revelstoke.

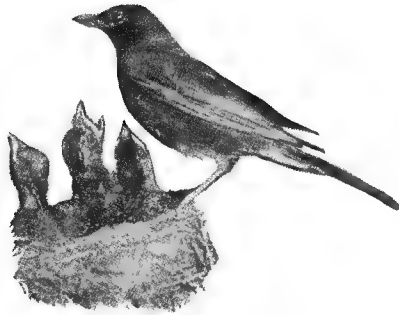
From its source in Columbia lake, 100 miles to the south, the historic river flows placidly north through a wide trench as far as Golden where it is joined by the turbulent Kicking Horse. But the Big Bend highway is to follow no placid river. Three miles to the north the stream changes its character and runs through a series of falls, rapids and canyons to Boat Encampment at the tip of the great

loop. Here it is joined by the Canoe river, the route by which the old Fur Brigades travelled up and down the west slope to the Athabaska pass. David Thompson, the great geographer and fur trader, first crossed the pass from the east, travelling on snowshoes and dog-train in the depth of winter, 1811. On January 18 he reached the Columbia and, four of his men having deserted him, he was forced to spend the rest of the winter there, building a canoe for the ascent of the Columbia in the following spring. This occupation gave two names to the locality, Canoe river and Boat encampment.

In 1865 the Big Bend saw one of the big "gold rushes" of the west. Prospectors brought tales of fortunes to be made in placer mining, and of bars of gold visible in the waters of the river. Soon, eager thousands toiled along the trails from the Caribou and Revelstoke. The excitement was short-lived and next year the boom, like so many others, collapsed, leaving little mark on the country except the name of Goldstream, the small river which joins the Columbia at the scene of so many exploded hopes.

A few miles farther on, the terrible Dalles des Morts, or Death Rapids, come into view, remembered with dread by the early explorers, and a spot where many canoes and even lives were lost. To the south are the snowcapped heights of the Selkirks, many of them hung with glaciers and glistening cornices of snow. For miles the road will run in the open with wide views of river and peak, then it will plunge into the deep shade of untouched forest, cedar, Douglas fir, hemlock and spruce growing with a rich abundance seldom found elsewhere in the mountains.

The total length of the road, from Golden to Revelstoke, is 193 miles. Gas stations, refreshment stands and campsites will be found along the way. Grades are easy and the gravelled surface is kept in good repair, so that the motorist is assured of a unique and memorable day.



Young Robin

APPENDIX 1

Vegetation and Wild Life of the Parks

TREES

*We grow on mountains where the glaciers cry,
Infinite sombre armies of us stand
Below the snow peaks which defy the sky.
We know no man, our life is to stand staunch,
Singing our song against the avalanche.*

FORESTS OF THE ROCKIES.—The forests of the Rockies form one of the most beautiful features of the landscape. For the most part they are coniferous and their myriad tall, straight trunks and pointing spires harmonize perfectly with the towering peaks. The prevailing tree is the Lodgepole pine, an instance of the survival of the fittest, as its hard cones and long-lived seeds enable it to persist in the face of very adverse conditions. The most enduring species climb to about 6,500 to 7,000 feet on the east slope and slightly lower on the west. Along the river flats near Banff are seen Balm of Gileads and the graceful coppery boles of the mountain birch.

The white spruce (*Picea canadensis*) has three habitats of varying altitude. "In the Bow valley, westward of Banff, it occupies marshy flats associated with willows and sedges. Between 4,500 and 7,000 feet it covers rocky slopes almost bare of soil and clothes the steep sides of the smaller lateral valleys opening out of the Bow valley into the

Sawback range and often occurs as a narrow band above the pine forest." It is abundant, too, on the floors of deep valleys such as Healy creek.

The Engelmann spruce is found as a forest only near timber line. Its heavier outline and yellowish bronze foliage distinguish it even at a distance from the darker green of the white spruce. In July or early August its reddish-purple cones are an exquisite sight.

The balsam fir and the Alpine or Lyall's larch grow only in the higher altitudes, at the last outpost of tree growth. The latter is one of the most beautiful of trees. Like the eastern tamarack which it resembles, its foliage is deciduous, turning in late September to a bright lemon yellow which, contrasted with the green of the pines and the red of the smaller shrubs, makes the forest in autumn from the valleys look like a brilliant afghan thrown over the peaks. Specimens of this beautiful tree may be found along the shores of lake Louise and at the summit of Simpson pass. Scattered individuals of the Douglas fir are found throughout Banff National Park. A fine specimen may be seen in the grounds of the Administration Building.

It is impossible to look at these mountain forests without a certain feeling of sympathy. They show such hardihood and courage. From the valleys the pines seem like battalions charging up the slopes. They climb up the rocky walls to the heights like armies storming a citadel, clinging desperately to the tiniest foothold, taking advantage of every crack and crevice to get a firmer grip for their roots. And what a constant battle is their existence in these upper solitudes! As they creep higher the cold and winds grow more desperate until they cannot even stand upright but crouch tormented, twisted and tortured but yet unconquered. And always they are threatened by the menace of fire. While this may be caused by lightning, as a rule man is their most dangerous enemy. A half-burnt cigar, a careless match, the coals of a smouldering camp fire, may destroy miles of the green beauty which it has taken so many years to create, leaving only the desolation of blackened rampikes and sometimes destroying even the humus, so that for years no tree will grow.

THE SELKIRK FORESTS.—The vegetation of the Selkirks is more luxuriant than that of the Rockies and possesses many species not found in the more easterly range. Among the trees are the Giant cedar which often grows to ten feet in diameter; the cottonwood; and two species of hemlock, *Tsuga Mertensiana* and *Tsuga palloniana*, the latter more graceful with larger cones. The Douglas fir, which grows from 100 to 300 feet high in these mountains, is also found in great abundance.

In the valleys and on the lower slopes the shrubbery and undergrowth is almost tropical in its rankness. Among the shrubs the traveller soon makes the unpleasant acquaintance of one in particular,

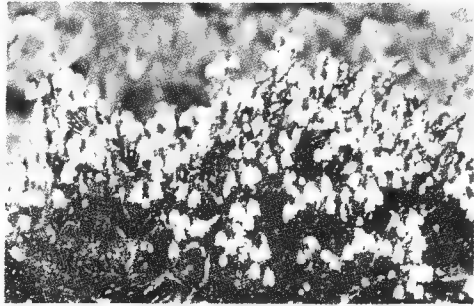
the Devil's club, "the lion in the way of every man who would blaze a trail through the Selkirk valleys." It grows in the form of a tall cane with wide spreading leaves and a bunch of bright berries at the top. The stalk is covered with villainous looking thorns which break off in the flesh and cause painful festers and the shrubs grow so closely together that it is practically impossible to force a way through without an axe.

FLOWERS

*A garland will I weave of mountain flowers
Pink alpine clover, pale anemones
And saxifrages fed by flying showers.*

—John Addington Symonds.

To the lover of nature the wild flowers of the parks will be a constant source of delight. Strange as it may seem the flora of the higher altitudes is among the most beautiful in the world. Over 500 varieties have been identified in the Rockies, and their colour, fragrance and delicate loveliness add the last touch of enchantment to the region. While they grow in rich profusion in the valleys and on the lower slopes, it is on the alpine meadows above timber line where even the stubborn little



White Heath

*"Lone flowers hemmed in with snows
and white as they"*

pinus and spruces have been beaten back by the cold, that they are to be found at their finest. High tablelands like Simpson pass (7,200 feet) in July are veritable seas of colour, waves of blue and rose and white and yellow and vivid green breaking against the stern grey of the rocks. Higher still at the verge of perpetual snow, the "dauntless flag of the flowers" will still be found waving, crowding their whole life-cycle into a brief season of perhaps six weeks. In the Bow valley spring comes about the end of April and a few days later the frail anemone is pushing its head through the melting snow. Soon there are flowers blowing everywhere in the lower valleys and as the snow retreats the gay floral procession follows, coming so close upon its heels that you may sometimes stand with one foot upon the snow, the other touching living flowers. "On the lower levels," says Mrs. Henshaw, in her delightful *Wild Flowers of the North American Mountains*,

"white-flowered, scarlet-fruited shrubs mingle with the Winter-greens, Larkspurs, Violets and Columbines; flaming Indian Paint-brushes, Gentians, Queencups and Purple Vetches cover many a slope; here a valley is covered with yellow Lilies, Gaillardias, Arnicas and Goldenrods—a glorious Field-of-the-Cloth-of-Gold—and there some mossy plateau is gay with arctic-alpine Androsaces, Stonecups, Everlastings and the trailing vines of the sweet-scented Northern Twin flowers. On the high passes above timber line grow the White Heath and the red Mountain Heather, the latter first cousin of its famous Scotch namesake, covering the slopes with 'its rose-red robe.' Higher up still grow the Saxifrages, the White Dryas, the frail Everlastings, pearly, pink-tipped and pale'."

MOUNTAIN LAKES

A lake is the landscape's most beautiful and expressive feature. It is earth's eye looking into which the beholder measures the depth of his own nature. —Thoreau.

One of the delights of the Rockies is the great number of exquisitely tinted lakes. They are of many sizes, ranging from a few yards to several miles in length, but from the tiniest tarn to a sheet of water like lake Minnewanka, they are distinguished by a brilliance and purity of colour which is truly gemlike. Sometimes, like lake Agnes, they will lie high up in a bare little rocky pocket chiselled out by a hanging glacier. Oftener, especially in the lower and older valleys, they will



Mirror Lake

"Blue, blue, as if the sky let fall, a flower from its cerulean wall."

be fringed with the slim spires of spruces or firs which are reflected in their crystalline depths. A hanging valley, the outlet of which has been obstructed by a moraine, nearly always contains one or more beautiful little lakes, and they are also found on many of the high passes.

The wonderful colour of water always arouses interest and the question naturally arises what is its cause. This is generally conceded

to be due to the presence of glacial deposit. Dr. A. P. Coleman, Professor of Geology, University of Toronto, says: "It seems strange to trace the brilliant colours of mountain waters to the effect of glacial mud, yet the cause of the usual intense blue is probably to be found in particles of mud so fine that they remain suspended in the water after the heavier sediments have fallen. If these particles are very minute, they reflect only the shorter, that is the blue rays of light; if a little larger the green waves are reflected also. With these colours, due to the finest mud particles, there are sometimes mingled in shallow water the yellow of sand beds or the richer green of aquatic plants, giving a considerable range of beautiful tints. Some tarns surrounded by muskegs have quite a different set of colours, however, ranging from dark brown to yellowish tones according to the amount of dissolved peaty matter. They suggest amber or zircon, while the other lakes, which are much more common, suggest turquoise, aquamarine or emerald; all gems of rich colour in splendid setting."

FISHING.—Many of the mountain lakes are teeming with fish, including the Cutthroat, the gamiest of trout of the mountains, and the Dolly Varden, which run to twelve pounds in weight. All the best fishing lakes are being constantly restocked from the Government hatchery at Banff, so that the fishing is growing better every year.

WILD LIFE

"The wild wood things unheeding us."

One of the greatest attractions of the parks, rivalling even the scenery, is the large numbers of wild life. This entire area is a game sanctuary. Within its borders no trap may be set, no gun fired. It is a paradise for wild life, guarded on all sides not by flaming swords, but by the eternal vigilance of an administration which loves and is determined to protect the wild life heritage of this beautiful domain. The response which their efforts have met from the forest creatures bears out the truth of Dr. Hornaday's words that "it is men, not the animals, who are wild." Wherever they are free to breed without molestation nearly all species rapidly increase and become surprisingly tame. The value of sanctuaries has perhaps nowhere been better established than in the Canadian National parks. A dozen years ago several species seemed on the point of disappearance. Within two years of the enforcement of an adequate protection the wild life began to come back. Bighorn or Rocky Mountain sheep, the Mountain goat, black bear, moose, elk and mule deer may now be seen in large numbers and rapidly losing all fear of man.

It is noticeable that the animals follow the roads and trails into the park, and, since the construction of the Banff-Windermere highway, large numbers of game have come in from British Columbia. From Exshaw to the Gap is a sheep country; elk and deer are found from

the Gap to Banff, and deer, sheep, goat, moose and elk in the country west of Banff. During July and August many of the larger animals keep fairly high up on the slopes to avoid the flies, but with the first touch of autumn, with the exception of the goat and grizzly, they begin to drift back to the lower valleys and they may then be seen in large numbers. During the winter deer wander all through the streets of Banff, poking their noses about the back doors of the residents, looking for scraps of food or that irresistible deer delicacy, potato peelings. It is a common but always pretty sight to see them feeding from the hands of children, a practice which is discouraged by park officials. Even in the summer a tourist who rises early may see a deer below his window or he may come upon one in any solitary walk about Banff. If he go out a few miles along the motor road west he is sure to see



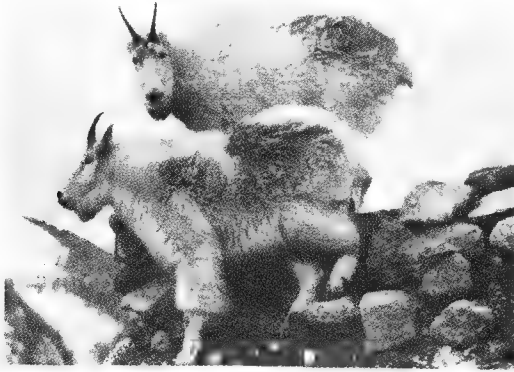
Bighorn Sheep Along the Motor Highway

some Bighorn sheep (*Ovis canadensis*) and if he be lucky he may even see 200. "The Bighorn or Rocky Mountain sheep," says Harlan I. Smith, Archaeologist of the Geological Survey, Ottawa, "is the chamois of the American west, a fine, strong, sturdy, active, bold mountaineer with a keen eye." His long curved horns have made him a coveted prize of the big game hunter, but he furnishes almost as great a trophy for the camera and he has become so tame about Banff that it is possible to secure a picture of him even from a motor car.

The Mountain goat (*Oreamnos montanus*) lives on the higher summits usually above timber line. "They look," says Mr. Smith, "slow and clumsy, have a rheumatic gallop and their motions remind one of a bear but while curious and somewhat stupid, they are the

most skilful and brave alpine climbers of the hoofed animals of the Americas." Whether it be a sign of superior intelligence or otherwise, they are apparently dominated by feminine influence. They are usually seen travelling along the shaly upper slopes or across a dizzy ledge on the verge of a thousand-foot precipice in the wake of a "sagacious old nanny." A band of these goats can frequently be seen feeding on the slopes of mount Rundle at Banff.

Another animal, of which the visitor who goes out along the trails is sure to make the acquaintance, is the Hoary marmot (*Arctomys columbianus*). His shrill call, "like an intermittent steam whistle," is very startling in the mountain silences and has given him the name of "Whistler." Sometimes, too, you may catch a glimpse of a black bear



Rocky Mountain Goat

"Wild goats sporting round the eagle's nest."

rambling off through the forest and five or six of these may usually be seen in the evening about the garbage grounds at Banff. The fretful porcupine is a frequent visitor to camps, where he is apt to carry off any stray bacon or leather articles he can find. Smaller animals include the Parry's or Lesser marmot, the marten, muskrat, beaver, the pika or little Chief hare—known as the Haymaker from his habit of piling up grass—the squirrels who live among loose rocks at the bottom of the slopes, and higher up chipmunks. The Grizzly (*Ursus horribilis*) is seldom seen in the Rockies but in the Selkirks he may occasionally be met.

BIRD LIFE

It is a popular saying that "there are no birds in the mountains" but the fallacy will be speedily disproved by anyone who knows how to use both eyes and ears. The bird life of the parks numbers more than 200 species, though one needs to be a careful observer, it is true, to find birds in the heavy evergreens. Many species, however, such as

the grouse, are more readily seen because they are never disturbed and so have lost their fear of man. In fact there is one bird which practically every visitor who goes out along the roads or trails is sure to see and that is the Franklin's grouse, generally called the "Fool-hen" on account of his lack of intelligence. He seems to have no sense whatever of danger and will fly down in the most stupid way right in front of your motor car or under your pony's feet. Another bird, characteristic of the mountains though not peculiar to them, is the Whiskey-jack, or Canada jay, a large grey bird about 11 inches in length whose Indian name "Wisagatchak" has been corrupted into "Whiskey-jack." Two or three of these birds will sometimes fly along beside you as you drive through the woods, inspecting you from every angle and apparently as much interested in newcomers as any village gossip. Whether it be another instance of giving a bird a bad name or not, the Whiskey-jack is an inveterate thief, so bold that he will even steal pieces of bacon hot out of the pan. The Richardson's grouse, White-tailed ptarmigan, several species of sandpipers, a rare Golden eagle, the ever-cheerful chickadee and the Mountain bluebird, which closely resembles our beautiful Eastern bluebird except that the red in the latter's dress is replaced by blue, are also likely to be seen.

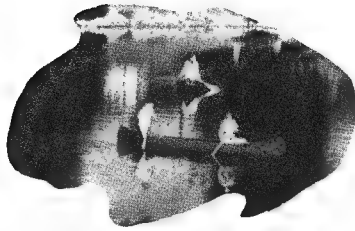
*Fool-hen**Whiskey-jack*

The Continental Divide forms the dividing line between the eastern and the western species but some adventurous western species have crossed the height of land and will be found on the eastern side especially as you approach the divide. Then, too, it must be remembered that different species will be found at different levels and when you have tired of the birds of the valleys it is only necessary to climb to a higher altitude to make a whole new group of bird friends. Sometimes these mountain birds drift down

to the lower levels and in the autumn it is a common sight around Banff to see true birds of the heights like the *Leucosticte* drifting down in flocks from their summit homes to escape the first snowstorms.

BIG GAME

While no hunting may be done in the parks the areas adjacent to their boundaries are among the best big game districts on the continent. They can be reached usually by a two or three days' trail trip. Banff is the principal outfitting centre for expeditions of this kind and there are several firms that supply guides, ponies and all the necessary camp equipment. The Bighorn, or Rocky Mountain sheep, the Rocky Mountain goat and the Grizzly are the most prized trophies. (See Provincial Game Regulations).





Royal Canadian Mounted Police

APPENDIX 2

Trail Trips

Trail Trips Radiating from Banff

1. BANFF TO SPRAY LAKES.—Starting from Banff in a southeasterly direction trail follows the Spray river, branching at fork of the river to the foot of lower Spray lake, the left branch proceeding through Whiteman's pass between Goat range and Three Sisters to upper and lower Spray lakes, joining main trail at the foot of latter lake. Approximately 25 miles.

Extension Trips

- (a) KANANASKIS LAKES.—From the foot of Spray lakes up the pass between the Kananaskis and Spray ranges to the Summit thence down the west fork of the Kananaskis river to Kananaskis lakes. Approximately 25 miles.
 - (b) BRYANT CREEK.—From the foot of Spray lakes up Bryant creek to the foot of mount Assiniboine. Approximately 18 miles.
 - (c) BREWSTER-BRYANT.—From the foot of mount Assiniboine, down Brewster creek to Healy creek. Approximately 19½ miles.
2. BANFF TO MOUNT ASSINIBOINE.—From Banff in a westerly direction past the Cave and Basin and Sundance creek to junction with Brewster-Bryant trail; up Brewster creek to Bryant creek, to foot of mount Assiniboine. Approximately 30 miles.

Extension Trip

- SUNDANCE CREEK.—From mouth of Sundance creek and up creek to Sundance pass. Approximately 1 mile.

3. BANFF TO SIMPSON PASS.—From Banff in a southwesterly direction past the Cave and Basin, along Bow river to Healy creek and following Healy creek up to the summit of Simpson pass. Approximately 23 miles.

Extension Trips

- (a) MOUNT ASSINIBOINE.—From summit of Simpson pass south along Simpson river and the south fork of latter to the foot of mount Assiniboine. Approximately 18 miles.
- (b) REDEARTH CREEK.—From the mouth of Healy creek, following the Bow river to the mouth of Redearth creek, thence up the creek, following the east fork to rejoin Simpson trail at Simpson pass summit. Approximately 23 miles.
4. SAWBACK.—From Banff via the Banff-Castle motor road to mount Edith and north up Fortymile creek to Sawback lake, over the summit and down Sawback creek to its junction with the Cascade river. Approximately 25 miles. The return trip may be made by Cascade river if desired.
5. CASCADE RIVER.—From Banff along motor road to Minnewanka, and following the Cascade river northwest to join the Sawback trail at the mouth of Sawback creek. Approximately 34 miles.

Extension Trips

- (a) SOUTH PANTHER.—From the Cascade river trail at the mouth of Stoney creek, following up the creek to the head of the South Panther river. Approximately 11 miles.
- (b) CUTHEAD.—From Cascade river trail near the mouth of Cuthead creek, proceeding north over the summit and down Wigmore creek to the Panther river. Approximately 12 miles.
6. GHOST RIVER.—From Banff, following motor road to lake Minnewanka and along the lake through Devil's gap to the Ghost river. Approximately 26 miles.
7. CARROT CREEK.—From Banff via the Calgary-Banff motor road east to Carrot creek and thence up Carrot creek to join the Ghost river trail at the east end of lake Minnewanka. Approximately 22 miles.
8. JOHNSTON CREEK.—From Banff via Banff-Castle motor road to Johnston creek and up the creek to the canyon and falls. Approximately 13 miles.
9. CASCADE MOUNTAIN.—From Banff along motor road to Vermilion lakes and up the west face of Cascade mountain. Approximately 7 miles.

10. RUNDLE MOUNTAIN.—From Banff up the west face of mount Rundle. Approximately $3\frac{1}{2}$ miles.
11. SULPHUR MOUNTAIN.—From Banff up the east slope of Sulphur mountain, past the Hot Springs to the Observatory. Approximately $3\frac{1}{2}$ miles.
12. RED DEER.—From Banff by motor road to Bankhead, approximately 6 miles, thence up the Cascade river by trail to the Panther river, following down the latter to its junction with the Red Deer river, and up the Red Deer to Pipestone creek, down Pipestone creek and Pipestone river to Laggan, total 140 miles. Return trip to Banff may be made by motor road or by train, 37 miles.

Trips Radiating from Lake Louise

1. LAKE TRAIL.—From Chateau Lake Louise, following the west shore of the lake to opposite end, $1\frac{3}{4}$ miles.

Extension Trips

- LOWER GLACIER.—From the head of Lake trail, following the creek up to Victoria Glacier, $1\frac{1}{2}$ miles.
2. LAKES IN THE CLOUDS.—From the Chateau the trail climbs 1,000 feet to Mirror lake, thence 200 feet to lake Agnes, 3 miles.

Extension Trips

- (a) LOOKOUT POINT.—From Mirror lake trail follows around the face of the Beehive to Lookout point, $\frac{1}{2}$ mile.
 - (b) UPPER GLACIER.—From Lookout point along the mountainside to join Lower glacier trail, $1\frac{1}{4}$ miles.
 - (c) BEEHIVE.—From lake Agnes the trail climbs to the summit of the Beehive, $\frac{1}{2}$ mile.
 - (d) MOUNT ST. PIRAN.—From lake Agnes to the summit of mount St. Piran, 1 mile.
 - (e) LITTLE BEEHIVE.—From Mirror lake to the summit of the Little Beehive, 1 mile.
3. PARADISE VALLEY.—From the Chateau trail leads around the foot of mount Fairview and up Paradise valley, 8 miles.

Extension Trips

- (a) LAKE ANNETTE.—From Paradise valley trail across the creek to lake Annette, 1 mile.
- (b) GIANT STEPS.—From Paradise valley to the Giant Steps, 1 mile.
- (c) SENTINEL PASS.—From Paradise valley through Sentinel pass to Moraine lake, 7 miles.

4. SADDLEBACK.—From the Chateau the trail climbs between mount Fairview and Saddleback, thence follows Sheol valley to meet trail in Paradise valley, 4 miles.
5. MORaine LAKE.—From the foot of Paradise valley to the valley of the Ten Peaks and Moraine lake, 4 miles.

Extension Trips

- (a) CONSOLATION LAKES.—From Moraine lake cabin, leading up Consolation valley to the lakes, 3 miles.
- (b) WENKCHEMNA PASS.—From Moraine lake leading along the Glacier to the summit of the Wenkchemna pass, 5 miles.
6. HECTOR.—From the Chateau along the mountain side to the Great Divide, thence to Hector, 10 miles.

Extension Trip

- LAKE O'HARA.—From Hector, following up Cataract creek to lake O'Hara, thence to lake McArthur, 10 miles.
- 7 PIPESTONE.—From the Chateau by motor road to Lake Louise station, thence by trail up the Pipestone river to Pipestone summit, 28 miles. Return may be made by way of the little Pipestone and Corral creek.

Extension Trip

- LITTLE PIPESTONE.—From the Pipestone trail at the mouth of Pipestone creek, up the latter to Red Deer summit and Ptarmigan lake, 8 miles. Return may be made via Corral creek.
8. PTARMIGAN.—From the Chateau by motor road to Lake Louise station, thence by trail up Corral creek to Ptarmigan lake, 12 miles. Return may be made via Baker lakes and creek, 27 miles.

Trail Trips Radiating from Field

1. FOSSIL BEDS.—From Field up mount Stephen to the fossil beds. Approximately 3 miles.
2. YOHO LAKE.—From Field across Kicking Horse river over Burgess pass to Yoho lake. Approximately 7 miles.

Extension Trips

- (a) TWIN FALLS.—From Yoho lake down to the Yoho river at Takakkaw falls and up the river to Twin falls. Approximately 8 miles. A return trip to Yoho lake may be made from Twin falls along a higher trail of approximately the same length.

- (b) WHALEBACK.—From Twin falls over Whaleback mountain and back to upper trail. Approximately $2\frac{1}{2}$ miles.
- (c) YOHO GLACIER.—From Twin falls following the Yoho river to the glacier. Approximately 4 miles.
- (d) LITTLE YOHO.—From the Upper Yoho trail and following up the Little Yoho river, returning on opposite side. Approximately $3\frac{1}{2}$ miles.
- (e) EMERALD LAKE.—From Yoho lake, leading over the Yoho pass to chalet at the foot of Emerald lake, where the trail meets the auto road from Field. Approximately 4 miles.
- 3. LAKE O'HARA.—Starting from Field along the auto road, approximately 6 miles, to Ottertail river, thence by trail up the Ottertail river and McArthur creek to lake O'Hara, approximately 22 miles. Return trip can be made from lake O'Hara down cataract creek to Hector, and by road to Field, approximately 16 miles. Total round trip from Field, approximately 38 miles.
- 4. AMISKWI.—Starting from Field along Emerald lake road, thence up the Amiskwi river, to Amiskwi pass, a distance of 19 miles.
- 5. KICKING HORSE.—Starting from Field along Emerald lake road, approximately 3 miles, to Natural bridge, thence along Kicking Horse river and across the river to meet the Ottertail road, approximately 12 miles. Return to Field via latter road, a distance of 6 miles.
- 6. BEAVERFOOT.—From Field along the Ottertail road to Ottertail, approximately 6 miles, thence by trail along the Kicking Horse and Beaverfoot rivers to the mouth of the Ice river, approximately 27 miles.

Extension Trips

- (a) ICE RIVER.—From the Beaverfoot trail at the mouth of the Ice river, up river. Approximately 6 miles.
- (b) LEANCHOIL.—From the Beaverfoot trail near Deer Lodge, crossing the Kicking Horse river and following the C.P.R. to Leancoil. Approximately 3 miles.
- (c) DEER LODGE.—From the Beaverfoot trail up the mountain past Deer Lodge. Approximately $1\frac{1}{2}$ miles.
- 7. SUMMIT LAKE.—From Field east Lake Louise Road through the Kicking Horse canyon to Hector and Summit lakes, total 10 miles. (NOTE: *This trip is now all motor road.*)

Extension Trip

SHERBROOKE LAKE.—From motor road at Kicking Horse canyon north by trail to Sherbrooke lake, approximately 2 miles.



Black Bear

APPENDIX 3

Place Names and Altitudes

- ABBOT; pass, 9,588 ft.; after Philip Stanley Abbot, member of the Appalachian Mountain Club, Boston, who met his death on the steeps of mount Lefroy, 1896.
- ABERDEEN; mount, 10,340 ft.; after the Marquis of Aberdeen, former Governor General of Canada.
- AGNES; lake, 6,875 ft.; after Susan Agnes, wife of Sir John A. Macdonald, former Premier of Canada.
- AMISKWI; peak, 9,249 ft.; Cree Indian for "beaver."
- ANNETTE; lake; after Mrs. Astley, wife of the late manager of the Lake Louise Chalet. (Wilcox).
- ASSINIBOINE; mount, 11,870 ft.; after the Assiniboine tribe of Indians. (Dawson).
- AYLMER; mountain, 10,365 ft.; after town of Aylmer, Quebec. (McArthur).
- BABEL; mount, 10,175 ft.; fancied resemblance to Tower of Babel.
- BAKER; mount, 10,451 ft.; after G. P. Baker, member Appalachian Mountain Club, Boston. (Collie).
- BALFOUR; mount, 10,741 ft.; by Sir Jas. Hector, after John Hutton Balfour (1808-84), botanist, Edinburgh, Scotland.
- BALL; mount, 10,825 ft.; after John Ball, Under-Secretary of State for the Colonies, 1855-57. (Hector).

- BANFF; town, 4,538 ft.; by Lord Strathcona, after his birthplace, Banff, Scotland.
- BANKHEAD; town, 4,596 ft.; by Lord Strathcona, after Bankhead, Banffshire, Scotland.
- BATH; creek, (bed) 5,272 ft.; creek named July 20, 1881, when Major Rogers, of the Canadian Pacific engineering staff, took an involuntary bath in it by being thrown from his horse.
- BIDDLE; mount, 10,878 ft.; after M. Biddle, who climbed mount Sir Donald in 1902.
- BIDENT; mount, 10,109 ft.; resembles a double tooth.
- BONNET; peak, 10,290 ft.; descriptive of summit.
- BOOM; lake, 6,210 ft.; mountain, 9,007 ft.; drift wood dammed against a shoal resembled a lumberman's boom.
- BOSWORTH; mount, 9,093 ft.; after G. M. Bosworth, 4th Vice-president Canadian Pacific Railway.
- BOURGEAU; mount, 9,575 ft.; after E. Bourgeau, botanist to the Palliser expedition. (Hector).
- BOW; river, pass, 6,878 ft.; lake, 6,420 ft.; the wood which grew on the banks of the river was suitable for the making of bows; translation of Cree Indian name "manachaban."
- BREWSTER; creek; after Jas. Brewster, well known guide and outfitter, Banff.
- BURGESS; mount, 8,473 ft.; after late A. M. Burgess, former Deputy Minister of the Interior.
- CANMORE; town, 4,297 ft.; after Kenmore village, Argyllshire, Scotland.
- CASCADE; mountain, 9,826 ft.; from translation of Indian name "mountain where the water falls."
- CASTLE; mountain, 9,030 ft.; from resemblance to feudal fortress. (Hector). Now Mt. Eisenhower.
- CATHEDRAL; mountain, 10,454 ft.; from resemblance to cathedral.
- CHANCELLOR; peak, 10,731 ft.; after Sir John Boyd, Chancellor of Ontario.
- CONSOLATION; valley; pass, 8,300 ft.; named by Wilcox in contrast to neighbouring Desolation valley.
- COPPER; mountain, 9,130 ft.; named by Dawson on account of copper deposits.
- COSTIGAN; mountain, 9,630 ft.; after late Hon. John Costigan, Minister in Sir John A. Macdonald's Government.

- DALY; mount, 10,342 ft.; after late Judge Chas. F. Daly, President American Geographical Society, 1864-99.
- DELTAFORM; mount, 11,225 ft.; from similarity to Greek letter
- DENNIS; mount, 8,326 ft.; after late Lieut.-Col. J. Stoughton Dennis, Surveyor-General of Canada.
- DEVILS HEAD; mountain, 9,175 ft.; translation of Cree name "We-ti-kwas-to-kwan." Sir Geo. Simpson says that it bears a rude resemblance to an upturned face.
- DEVILS THUMB; mountain, 8,066 ft.; descriptive.
- DOUGLAS; mount, 11,017 ft.; after David Douglas, a Scottish botanist who crossed the Athabaska pass, 1827.
- DRUMMOND; mount, 9,530 ft.; after Thos. Drummond, assistant naturalist in Franklin's second expedition to the Arctic, 1825-27. (Dawson).
- DUCHESNAY; mount, 9,592 ft.; after late E. J. Duchesnay, C.E., Assistant General Superintendent, Canadian Pacific Railway, killed in tunnel near Spuzzum by falling rock.
- EDITH; mount, 8,370 ft.; after Mrs. J. F. Orde (nee Edith Cox), who visited Banff with Lady Macdonald in 1886.
- EIFFEL; peak, 10,091 ft.; from huge tower rising about 1,000 feet, which suggests Eiffel tower.
- EISENHOWER; mount, 9,030 ft.; formerly Castle Mt., renamed in honour of Gen. Dwight Eisenhower, in command of Allied forces during World War II.
- EMERALD; lake, 4,262 ft.; peak, 8,332 ft.; from colour of water.
- FAIRVIEW; mount, 9,001 ft.; magnificent view from summit.
- FATIGUE; mountain, 9,667 ft.; descriptive of explorer's sensations when climbing mountain.
- FAY; mount, 10,612 ft.; after Prof. Chas. E. Fay, member of Appalachian Mountain Club, Boston.
- FIELD; town, 4,066 ft.; mount, 8,645 ft.; after Cyrus West Field, promoter of first Atlantic cable, who visited the locality in 1884.
- GHOST; river; formerly called Dead Man river, which from Dead Man's hill; combatants slain in a battle were buried on top of the hill.
- GIROUARD; mount, 9,815 ft.; after Sir Percy Girouard, K.C.M.G., D.S.O.
- GOAT; mountain, 9,290 ft.; translation of Indian name "Wap-u-tik." (Palliser).
- GOODSIR; mountain, 11,676 ft.; after John Goodsir, Professor of Anatomy, Edinburgh University from 1846. (Hector).

GROTTO; mountain, 8,870 ft.; contains a large cave with high arched roof. (Bourgeau).

HABEL; mount, 10,361 ft.; after Dr. Jean Habel, Berlin, who went up Yoho valley in 1887.

HADDO; peak, 10,073 ft.; after George, Lord Haddo, eldest son of the Marquis of Aberdeen.

HEALY; creek; named by Dr. Dawson after Capt. J. J. Healy, sometime manager of the N. A. T. & T. Co., Dawson, who located some copper claims on adjoining mountain.

HECTOR; mount, 11,135 ft.; lake, 5,704 ft.; after Dr. (later Sir) James Hector, geologist with the Palliser expedition, who discovered the Kicking Horse pass.

HOLE-IN-THE-WALL; mountain, 9,184 ft.; from cave in side of mountain.

HOWSE; pass, 4,500 ft.; after Jos. Howse, employee of Hudson's Bay Company, who crossed pass in 1810 to Montana.

HUNGABEE; mount, 11,447 ft.; Stoney Indian word meaning "chieftain."

ICE; river; translation of Indian name "Wash-ma-Wapta"; rises in glaciers of mount Vaux. (Dawson).

INGLISMALDIE; mountain, 9,715 ft.; after Inglismaldie castle, seat of Earl of Kintore, Scotland.

KANANASKIS; river (mouth), 4,179 ft.; corruption of "Kin-e-ah-kis," a Cree Indian, who is reputed to have made a marvellous recovery after a blow from an axe.

KICKING HORSE; pass, 5,332 ft.; Sir Jas. Hector was nearly killed by a kick from his horse near site of present Wapta station; name is abbreviation of translation from Indian.

KIWETINOK; peak, 9,512 ft.; Cree Indian word signifying "on the north side."

LEANCHOIL; station, 3,682 ft.; Lord Strathcona's mother was Barbara Stuart of the manor of Leth-no-Coyle (Lainchoil), Inverness, Scotland. (Strathcona).

LEFROY; mount, 11,200 ft.; after Major-General Sir John H. Lefroy, head of Toronto Observatory, 1842-53. (Hector).

LOUIS; mount, 8,800 ft.; after Louis B. Stewart, D.T.S., Professor of Surveying, Toronto University.

LOUISE; lake, 5,670 ft.; after Her Royal Highness Princess Louise, wife of Marquis of Lorne, former Governor General of Canada.

MARGARET; lake, 5,924 ft.; after a daughter of Rev. H. P. Nichols, Holy Trinity Church, New York. (Thompson).

- MARPOLE; mount, 9,822 ft.; after R. Marpole, General Executive Assistant, Canadian Pacific Railway, Vancouver.
- MCARTHUR; lake, 7,359 ft.; after J. J. McArthur, D.L.S., International Boundary Surveys, Department of the Interior.
- MCCONNELL; mount, 10,200 ft.; after R. G. McConnell, Deputy Minister, Department of Mines; assistant to Dr. Dawson in 1882.
- MINNEWANKA; lake, 4,800 ft.; Indian name meaning "lake of the water spirit."
- MIRROR; lake, 6,650 ft.; from the reflection in the lake when seen from a great height above.
- MITRE, THE; mountain, 9,470 ft.; from its resemblance to a bishop's mitre.
- MOLAR; mount, 9,914 ft.; "so much resembling a large tooth that we named it mount Molar." (Hector).
- MORAINE; lake, 6,190 ft.; after the ridge of glacial formation at its lower end. (Wilcox).
- MORLEY; village, 4,067 ft.; after famous Methodist clergyman, Rev. William Morley Punshon.
- NEPTUAK; mountain, 10,607 ft.; Stoney Indian numeral "nine"; the ninth of the Ten Peaks.
- NIBLOCK; mount, 9,764 ft.; after Superintendent Niblock, Canadian Pacific Railway.
- NILES; mount, 9,742 ft.; after Prof. W. H. Niles, President of the Appalachian Mountain Club. (Fay).
- NORQUAY; mount, 8,284 ft.; after Hon. John Norquay, one time Premier of Manitoba.
- ODARAY; mount, 10,165 ft.; Stoney Indian for "very brushy" or "wind-fall." (Habel).
- OESA; lake, 7,398 ft.; from Stoney Indian word meaning "ice"; its surface is ice-covered practically all the time.
- O'HARA; lake, 6,664 ft.; after Lieut.-Col. O'Hara, R.A., who frequently visited the locality.
- OPAL; mountain, 8,000 ft.; from small cavities found here, lined with quartz crystals coated with films of opal.
- OTTERTAIL; river; translation of Indian name.
- PALLISER; range (summit), 9,930 ft.; after Capt. John Palliser, who commanded an exploration expedition in the Rockies, 1857-60.
- PEECHEE; mount, 9,615 ft.; after Sir George Simpson's half-breed guide.

- PIGEON; mountain, 7,845 ft.; probably after the wild pigeons seen in the vicinity. (Bourgeau).
- PILOT; mountain, 9,650 ft.; because visible for a long distance down the valley. *
- PINNACLE; mountain, 10,062 ft.; descriptive. (Wilcox).
- PIPESTONE; river (mouth), 5,029 ft.; because of the occurrence on it of fragments of soft, fine-grained, grey-blue argillite, which the Indians have used in the manufacture of pipes. (Hector).
- POLLINGER; mount, 8,998 ft.; after Jos. Pollinger, Swiss guide, who made first ascents of the President, The Vice-President and other peaks.
- PRESIDENT; peak, 10,287 ft.; after Lord Shaughnessy, President of Canadian Pacific Railway. (McNicoll).
- PROSPECTOR; valley; after an old prospector's camp near its entrance. (Wilcox).
- PULPIT; peak, 8,940 ft.; descriptive. (Thompson).
- REDEARTH; creek; from the red ochre found on its banks.
- REDOUBT; peak, 9,510 ft.; "formation resembles a huge redoubt." (Wheeler).
- ROSS; lake, 5,654 ft.; after the late Sir Jas. Ross, Superintendent of Construction, Canadian Pacific Railway, in 1884.
- RUNDLE; mount, 9,665 ft.; after Rev. Robt. T. Rundle, Methodist Missionary to the Indians of the Northwest, 1840-48. The Indians say of him "Poor he came among us and poor he went away, leaving us rich."
- ST. PIRAN; mount, 8,691 ft.; after St. Piran, Liggan bay, Cornwall, Eng., the birthplace of W. J. Astley, late manager of Lake Louise Chalet. (Wilcox).
- SAWBACK; range (summit), 10,000 ft.; its vertical beds of limestone form a serrated edge.
- SCHAEFFER; mount, 8,824 ft.; after Dr. and Mrs. Schaeffer, of Philadelphia, who did valuable exploration and botanical work in the Rockies. The latter (now Mrs. William Warren, of Banff) discovered Maligne lake, Jasper park.
- SEEBEE; station, 4,217 ft.; Cree Indian for "river."
- SHEOL; mountain, 9,108 ft.; previously called Devils Thumb; name changed to avoid confusion with Devils Head.
- SIMPSON; pass, 6,914 ft.; after Sir Geo. Simpson, Governor of Hudson's Bay Company, who crossed it on his journey around the world in 1841.

SPRAY; river; from spray of falls in river.

STEPHEN; mount, 10,485 ft.; after Sir Geo. Stephen, later Baron Mount Stephen, formerly President, Canadian Pacific Railway.

STORM; mountain, 10,332 ft.; after numerous storm clouds seen on its summit. (Dawson).

SULPHUR; mountain, 8,030 ft.; from hot springs on side.

TAKAKKAW; falls; Indian name signifying "it is wonderful"; suggested by Sir William Van Horne.

TEMPLE; mount, 11,626 ft.; by Dawson, after Sir Richard Temple, President, Economic Science and Statistics Section, British Association, 1884, which visited the Rockies in that year.

THREE SISTERS; peaks (highest), 9,744 ft.; descriptive.

TROLLTINDER; peak, 9,570 ft.; named by Jean Habel because it resembles somewhat a well-known mountain in the Norwegian valley of Romsdalen; name signifies "witch's peak."

TUZO; mount, 10,648 ft.; after Miss Henrietta L. Tuzo, now Mrs. J. A. Wilson, of Ottawa, first lady to ascend Eagle peak.

TYRRELL; mount, 8,919 ft.; after J. B. Tyrrell, Assistant Geologist with Dawson in survey of Rocky Mountains, 1883.

VAN HORNE; range; after late Sir William Van Horne, formerly Chairman, Canadian Pacific Railway. (Dawson).

VAUX; mount, 10,881 ft.; possibly after George Charles (Mostyn) 6th Lord Vaux de Harrowden. (Hector).

VERMILION; lakes, 4,521 ft.; from ferruginous beds in vicinity.

VICE-PRESIDENT; mount, 10,049 ft.; after late D. McNichol, 1st Vice-President, Canadian Pacific Railway.

VICTORIA; mount, 11,355 ft.; by McArthur after late Queen Victoria.

WAPTA; peak, 9,106 ft.; Stoney Indian for "river."

WAPUTIK; range, 10,000 ft.; Stoney Indian for "white goat"; former favourite haunt of goats.

WASTACH; river (Paradise valley); Stoney Indian for "beautiful."

WENKCHEMNA; mountain, 10,401 ft.; Stoney Indian numeral meaning "ten."

WHITE; mount, 9,040 ft.; after Jas. White, Deputy Head Commission of Conservation, Ottawa, Assistant to Dr. Dawson, 1884.

WHYTE; mount, 9,776 ft.; after late Sir William Whyte, 2nd Vice-President, Canadian Pacific Railway.

WIND; mountain, 10,100 ft.; by Bourgeau because surrounded, when seen, by wind clouds.

WIWAXY; peaks, 8,860 ft.; Stoney Indian for "windy."

YOHO; valley, 4,800 ft.; pass, 6,020 ft.; Cree Indian word signifying "wonder" or "astonishment."

YUKNESS; mount, 9,342 ft.; Sioux Indian for "sharpened as with a knife."

Animals and Birds

of Banff and Jasper

Your sojourn in the mountains will be or has been made more enjoyable by the reading of "The Heart of the Rockies." Your pleasure will be further enhanced by your getting and reading its companion volume, "Animals and Birds of Banff and Jasper."



